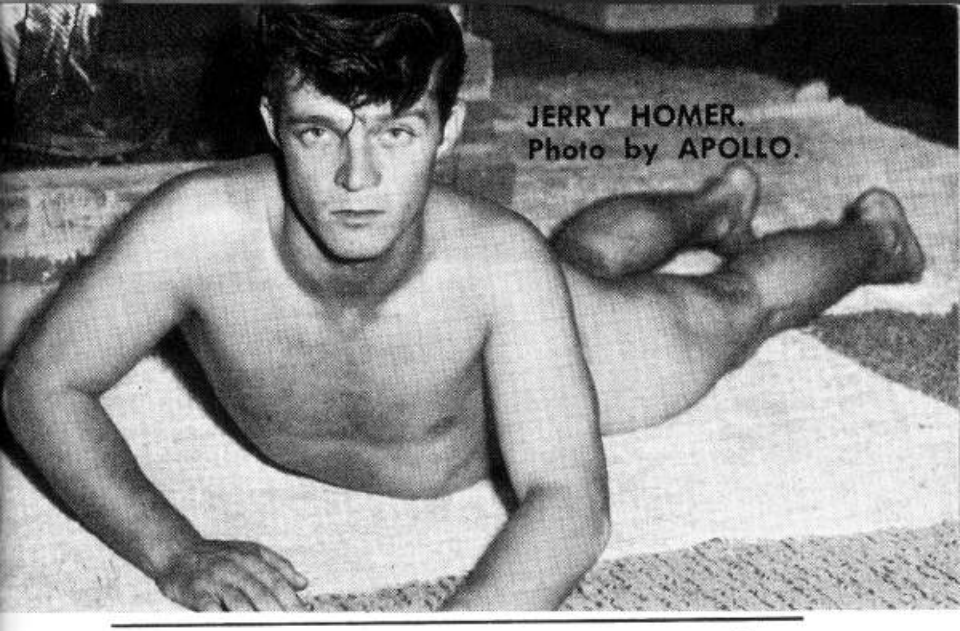
OCTOBER
1960
Number 9
50c

Fizeek

Allied

PRESENTING THE BEST IN
PHYSIQUE ART AND PHOTOGRAPHY

British weightlifter **PAT McCARTHY.**
Photo by ROYALE.



COVERMAN: TOM DOYLE, 18, California athlete, in photos by KEN WALLACE.

FIZEEK • Number 9 • October 1960

FIZEEK is published bi-monthly by **FIZEEK ENTERPRIZES, INC.**, Box 385 Benjamin Franklin Station, Washington 4, D. C. Editorial offices are located at 1318 14th St., N.W., Wash. 5, D. C. All manuscripts, art and photographs become the property of **FIZEEK** unless other arrangements are made. Submission of material will be construed as permission to publish same without further correspondence. All rights reserved. No portion of contents may be reproduced without publisher's express permission.

FIZEEK ENTERPRISES, INC.

Box 385—Franklin Station **Washington 4, D. C.**

Application to mail at 2nd Class Postage Rates is pending at Washington, D. C.

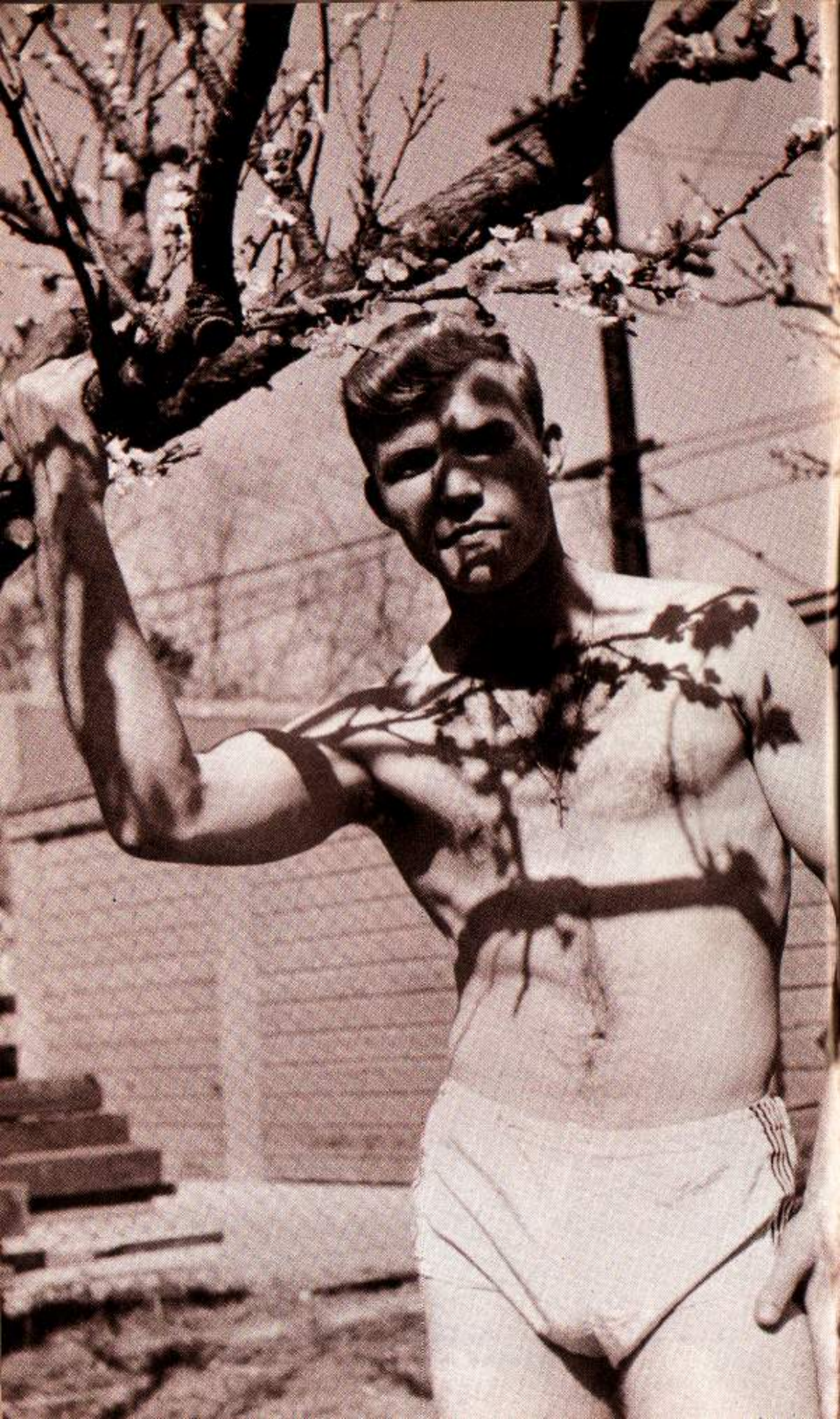
Please enter my subscription to **FIZEEK**. Enclosed is $5.00 to cover a subscription to the next 12 issues to be sent to me sealed, First Class Mail. Foreign readers, with the exception of those living in Canada and Mexico, will add $1.50 to the above rates.

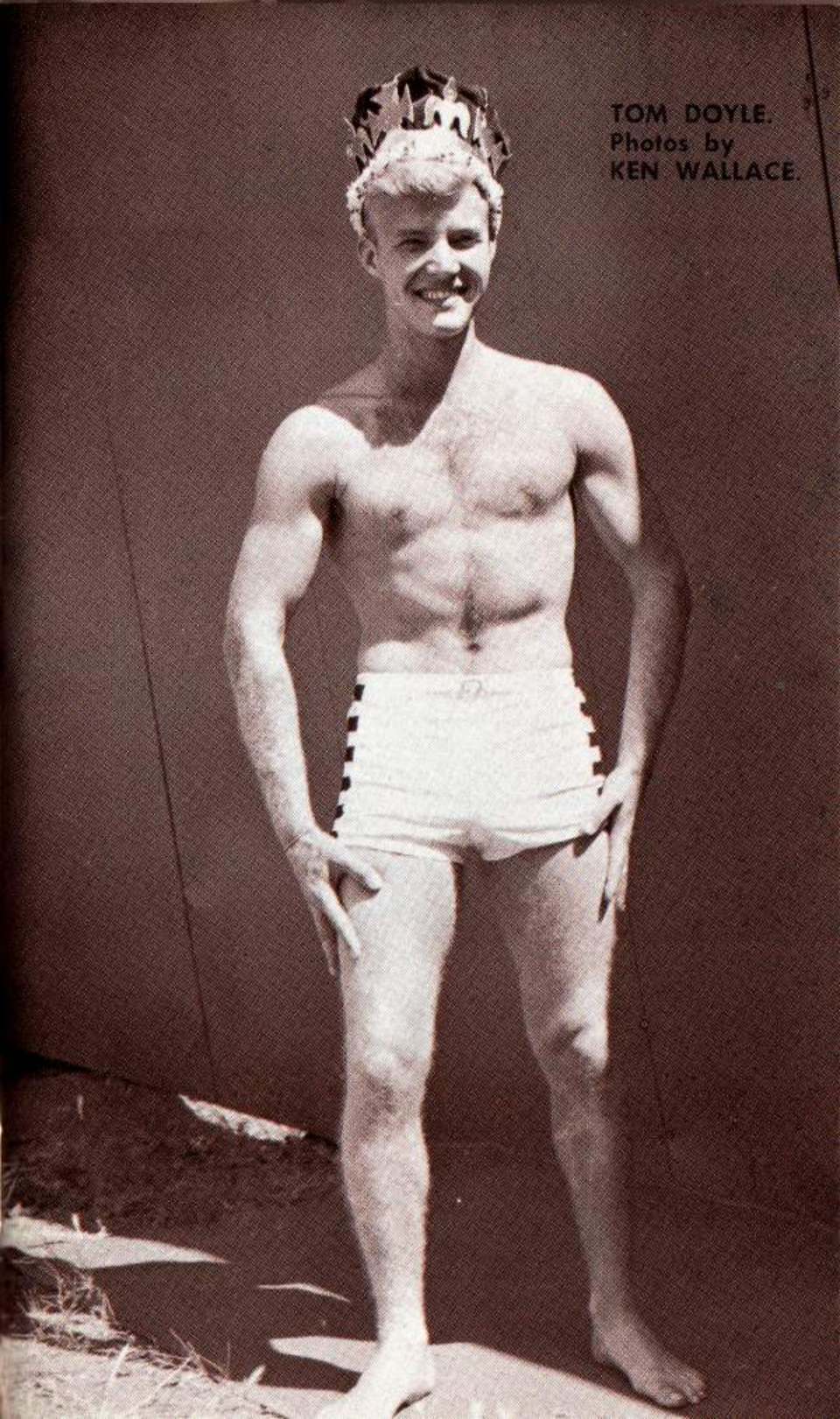
Name.....

Street Address.....

City.....*Zone*.....*State*.....

Printed in U. S. A.




TOM DOYLE.
Photos by
KEN WALLACE.

Vitamins for VITALITY

by
CARLSON WADE

How important are vitamins? Will they really increase body vitality and metabolism: (Transformation of food to produce energy and body tissue.) Let's examine two bodybuilders at a local gym. One well-muscled kid has a deep chest, v-tapered lat spread, sharp pectorals; his legs bulge with calf muscles; his arms are powerful with thick biceps. His skin is clear, radiant. His shock of thick hair is neatly combed. His eyes sparkle, his lips are smooth, firm. His smile radiates good health; his thinking is alert. But his buddy is the opposite—slump-shouldered, acne, dull eyes, easily fatigued, even dull-witted. Would you say that the healthy youngster is vitamin-rich while the droop-shouldered guy is nutritionally starved?

Here are the facts as described by Herbert Pollack, M.D., Associate profesor of clinical Medicine in New York. "Without good nutrition it is impossible to achieve either a sense of well-being or freedom from disease. Briefly and in general terms, the most common results of eating may be summarized as follows:

1. Execessive thinness, primarily too few calories. **2.** Various emotional and mental difficulties, including fatigue, lack of endurance, difficulty in concentrating, irritability, general undernutrition. **3.** Low fertility and increased susceptibility to all kinds of infections, including contagious ills such as colds. **4.** Many types of diseases and disability stemming from vitamin deficiencies, including inflamed eyes, principally vitamin A and riboflavin or B2 deficiency; certain forms of neuritis or inflammation of the nerves and certain forms of heart disease, principally vitamin B1; rough, red and cracked skin, principally vitamins A, B2, and niacin; scurvy and one form of gingivitis, or red, swollen gums that tend to bleed, mostly vitamin C; pellagra which is a disease characterized by dermatitis, intestinal upsets, diarrhea and mental illness—sometimes mental symptoms occur unaccompanied by physical ones," concludes Dr. Pollack.

Body vigor, vitality and overall health is dependent almost exclusively upon these groups of vitamins that we list. While you may want to build a handsome, healthful body that will be superior in power and strength, you can do so only when you train regularly with gym or Y.M.C.A. athletic equipment; and when your diet includes all of these essential vitality-producing nutrients.

1. **VITAMIN A.** Helps to nourish your skin, hair follicles; protects your nerve coverings from irritation and damage. It helps secretion of gastric juices, contributing to better protein digestion. Prevents development of nutritional night blindness. Helps store fat in the liver. Insufficient Vitamin A may be responsible for poor fat assimilation which produces thinness and flat chestedness. Dr. Henry Sherman of Columbia University reports that when he increased Vitamin A intake in experimental animals, he was able to prolong their lives! Rich sources of Vitamin A are found in cod liver oil, fresh calf liver, sweet potatoes, carrots, beet greens, cooked mustard greens, eggs, to name a few.

2. **VITAMIN B-COMPLEX.** Called the "royal family of vitamins," let's go down the list and see how they help you build top notch vitality. **THIAMIN** stimulates appetite, helps normalize muscular activity, aids in utilization of starches and sugars to produce energy and weight building, healthful tone and functioning of your digestive tract. **RIBOFLAVIN** keeps mouth, lips and tongue in healthful condition. Helps in the process of oxidation within your body cells which enables your bloodstream to function properly. At the University of Georgia Medical School it was found that riboflavin is beneficial for eye health. Riboflavin acts upon the muscles and nerves of your eyes. **NIACIN** is associated with other B-vitamins to utilize food energy. Helps strengthen your nervous system and produce vigor and vitality. **PYRIDOXIN** is vital for your skin, builds blood and aids in nerve and muscle function. Lack of pyridoxin may cause tyramine, a poisonous substance to form in the body and may raise your blood pressure. The Journal of Nutrition reported that 10 men who worked hard were easily exhausted. Doctors increased the B-complex intake and in two weeks, the 10 men reported renewed vigor, stamina. Good food sources of B-complex include green leafy vegetables, apples, eggs, apricots, lean roasts, beef, poultry, fresh whole milk.

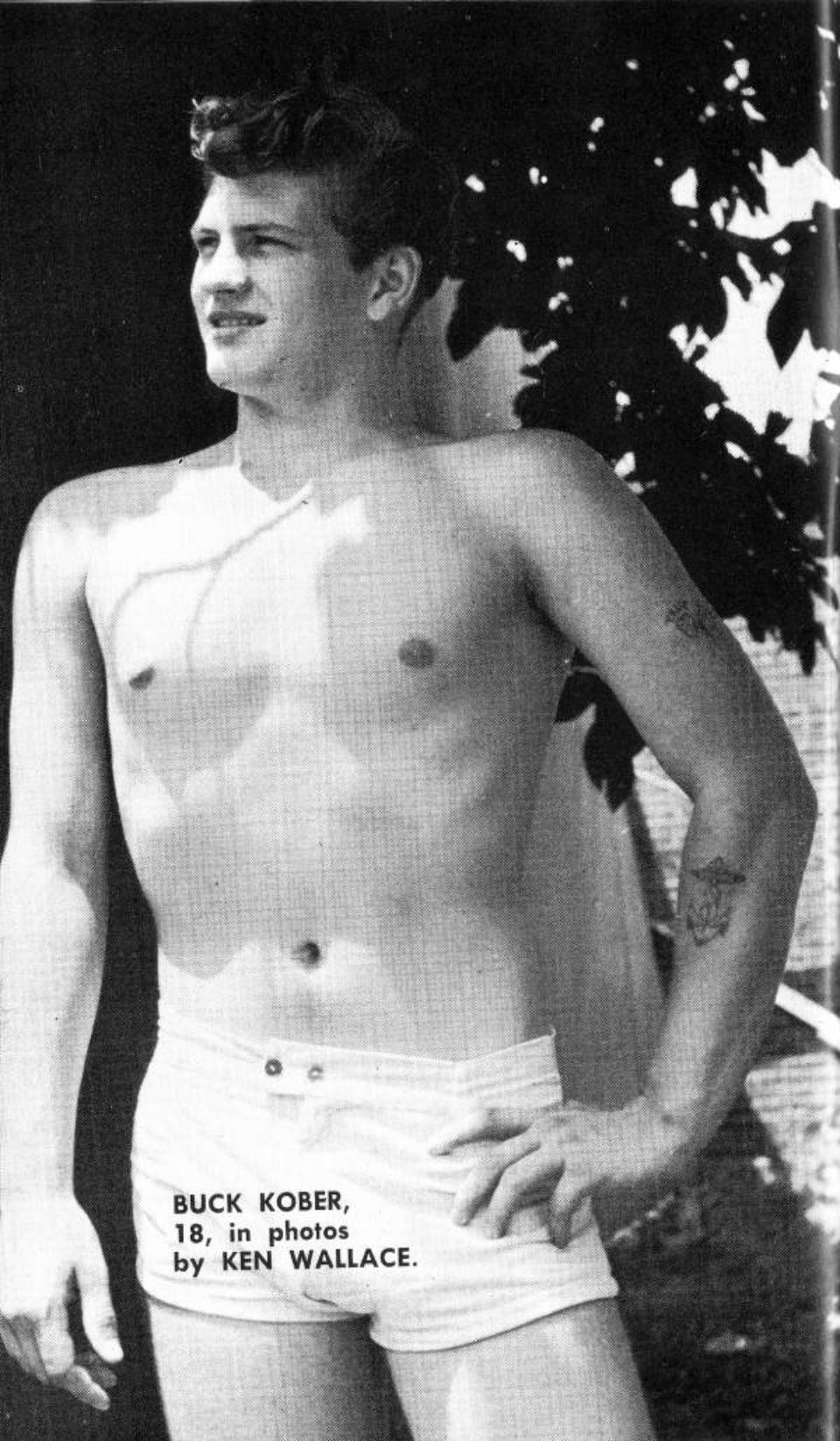
3. **VITAMIN C.** Forms collagen (glue) to bind together all of your body cells. Strengthens the walls of your veins and arteries. Deficiency may cause heavy cellular breakdown, weakening your body tissues so that you find it difficult to continue weight training. Our armed forces were recently given 75 milligrams of Vitamin C daily in capsule form because it is known that this vitamin is mobilized into the tissue around a wound to aid in the process of healing. Excellent sources are oranges, lemons, all citrus and grapefruits, green and pimento peppers, raw tomatoes, strawberries, cantaloupes. Drink daily, at least 2 glasses of freshly squeezed orange or any other citrus fruit.

4. **VITAMIN D.** The "sunshine vitamin" regulates your body management of calcium and phosphorus and helps

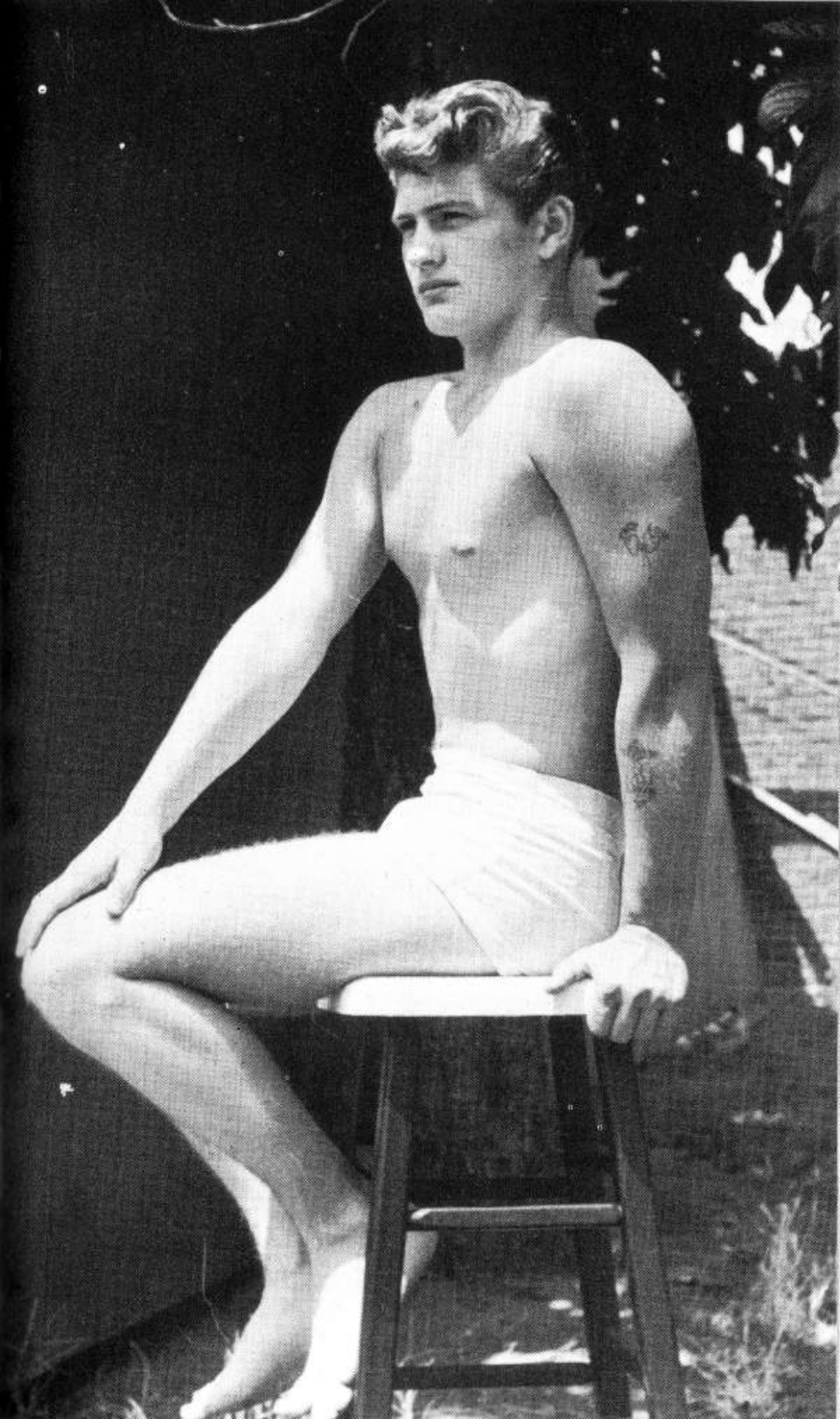
in transfer of body oxygen. Strong bones need Vitamin D. You can build a hard and solid body only with strong bone structure. Good sources are sunlight, fish liver oil, cod liver or halibut liver oil, enriched or irradiated milk.

5. **VITAMIN E.** Dr. T. K. Cureton, head of the U. of Ill. Physical Fitness Lab fed his students increased amounts of wheat germ oil which is rich in Vitamin E. Says Dr. Cureton, "Wheat germ oil is a valuable dietary supplement to men doing hard exercise and it has possible application to competitive sports. We have tried it sufficiently to believe that this is true. It provides something that enables men to bear hard stress and continue to do hard labor without deteriorating. It particularly affects physical endurance and heart response." Dr. Cureton searched for some nutritional supplement that would give his athletic students extra drive and energy. Among all those he used, he found that wheat germ oil with Vitamni E was the most successful. He explained that exercise opened up the tiny blood vessels (capillaries) of the muscles and heart tissues, increased the blood flow of arteries and allows the nutrient to reach the muscle and tissue where it is needed. "Never before," explained Dr. Cureton, "have I seen a subject train hard for 12 weeks, reach the plateau and then go on to a higher peak. The exact nature of this mechanism in wheat germ oil has not been determined, but we have established that it is significantly effective as a dietary supplement!"

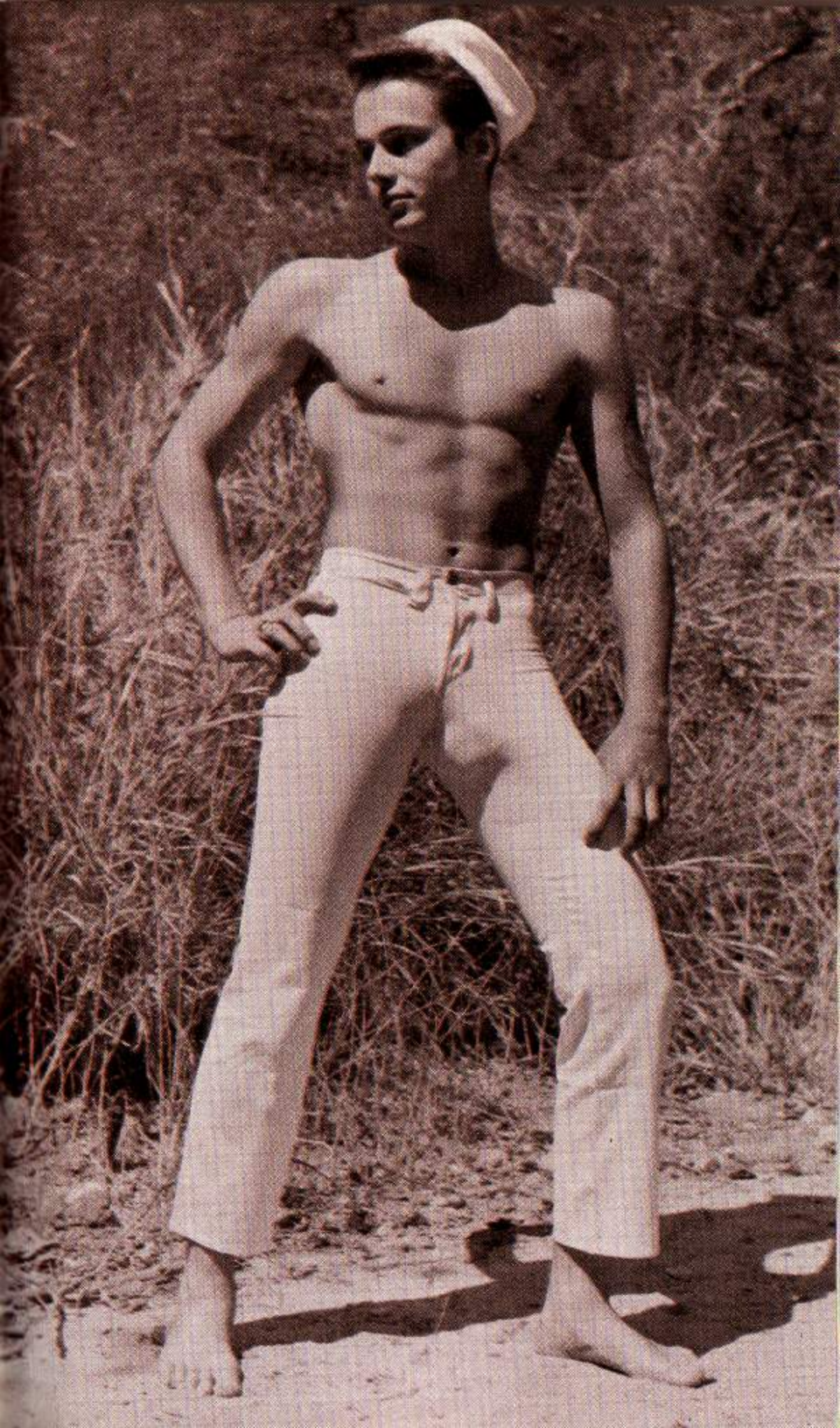
BOB WHITE, 18,
in photo from
MERRIMAC HILL STUDIO.



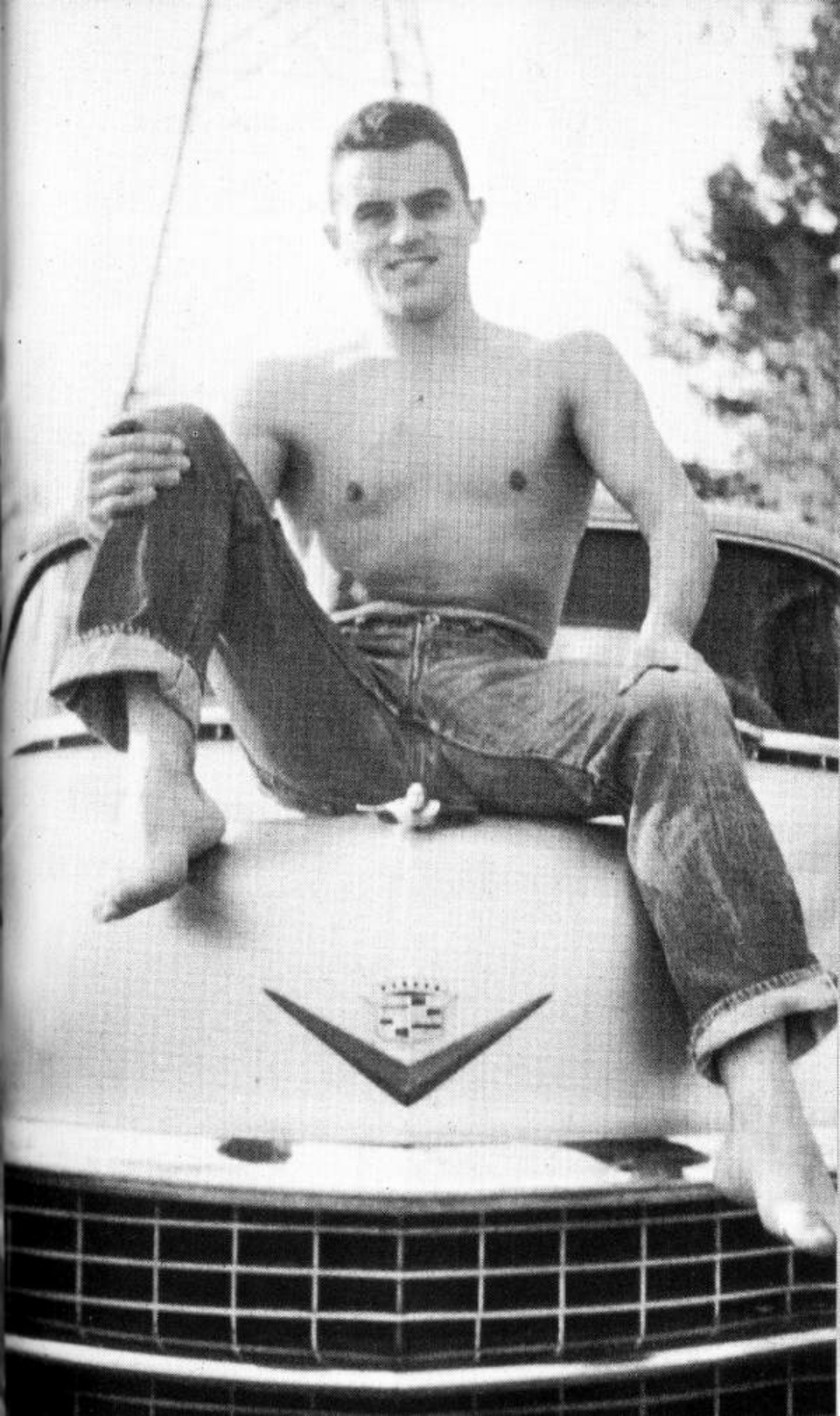
BUCK KOBER,
18, in photos
by KEN WALLACE.

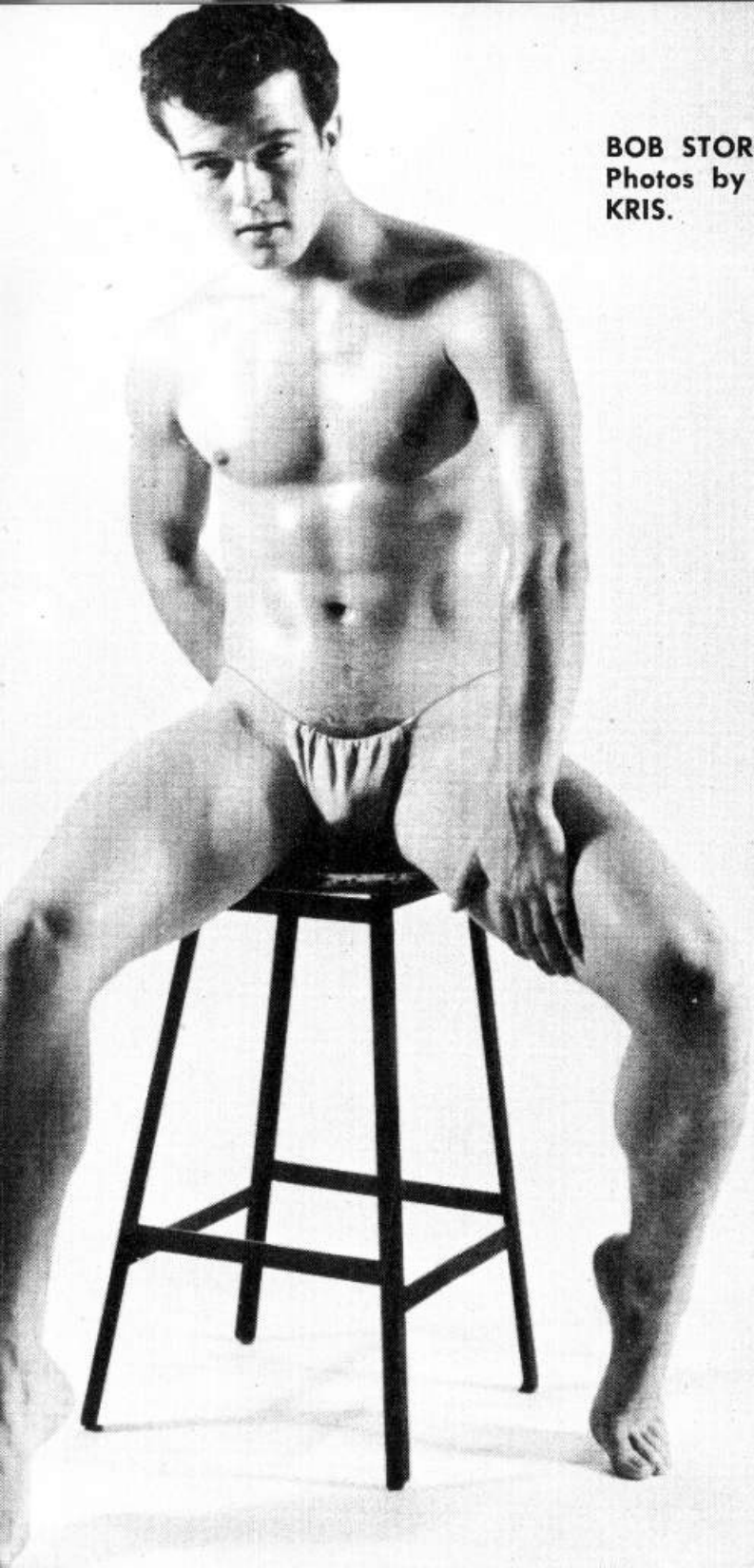


RICK COREY. **Photos by SCOTT.**

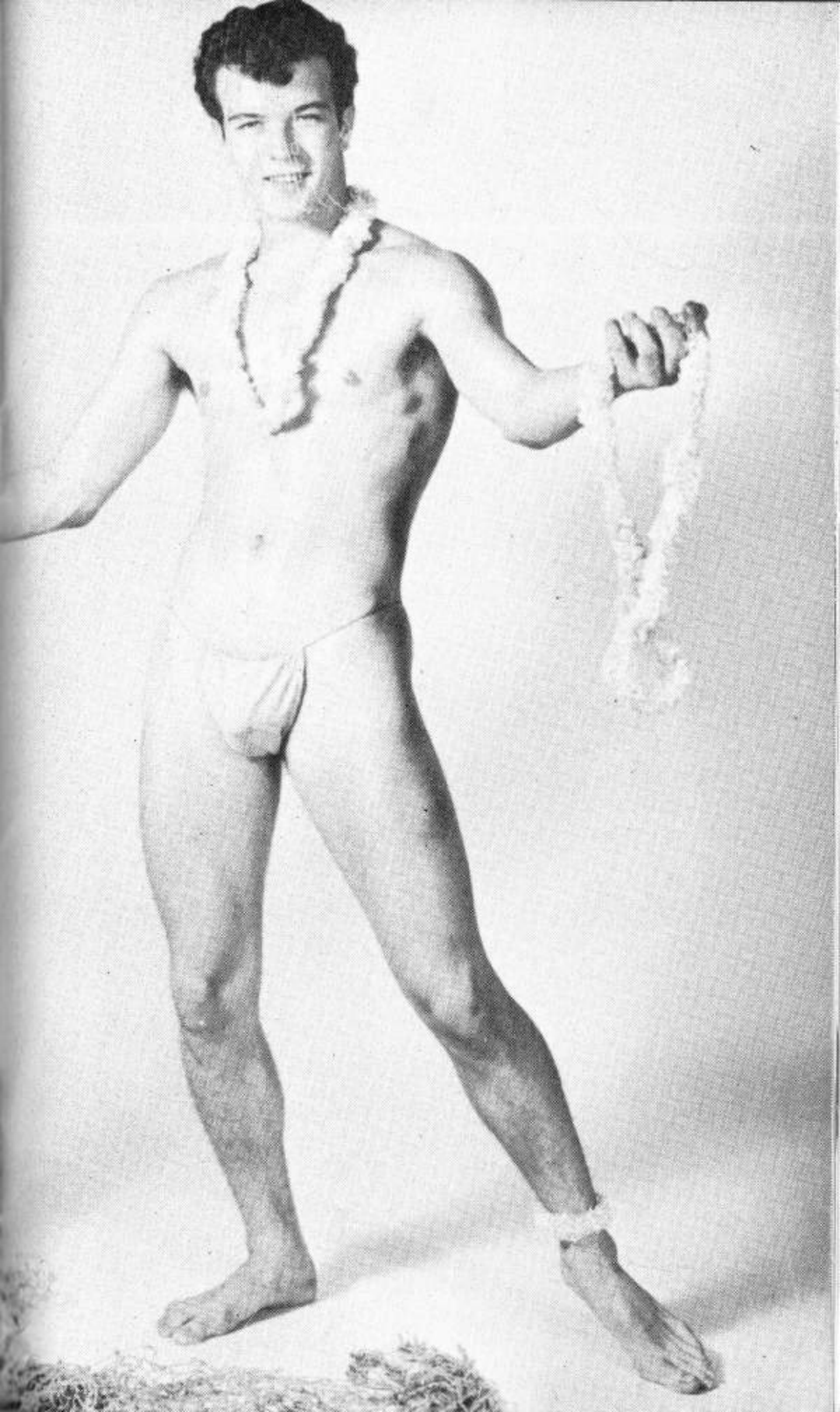


DONN FARR.
Photos by
APOLLO.

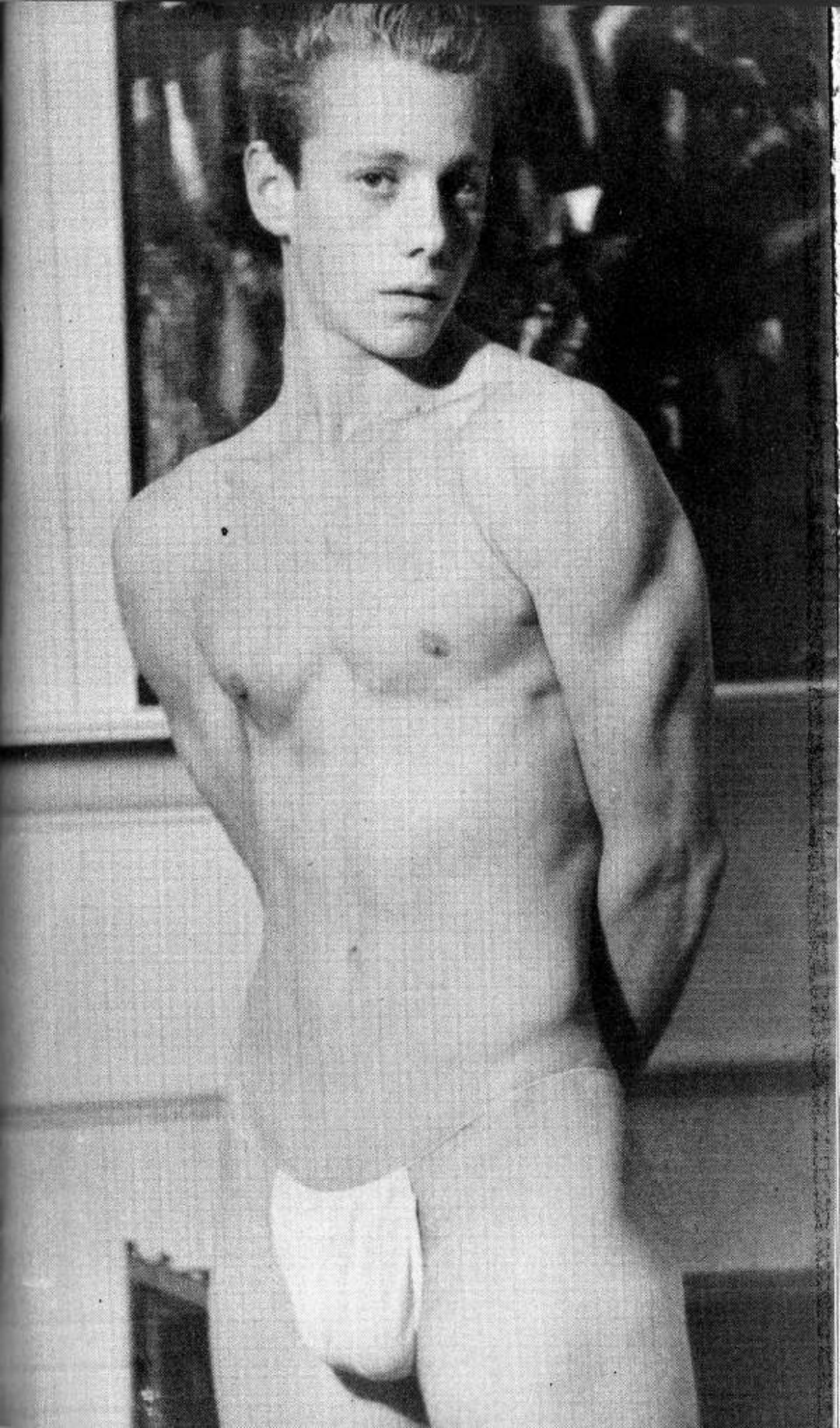


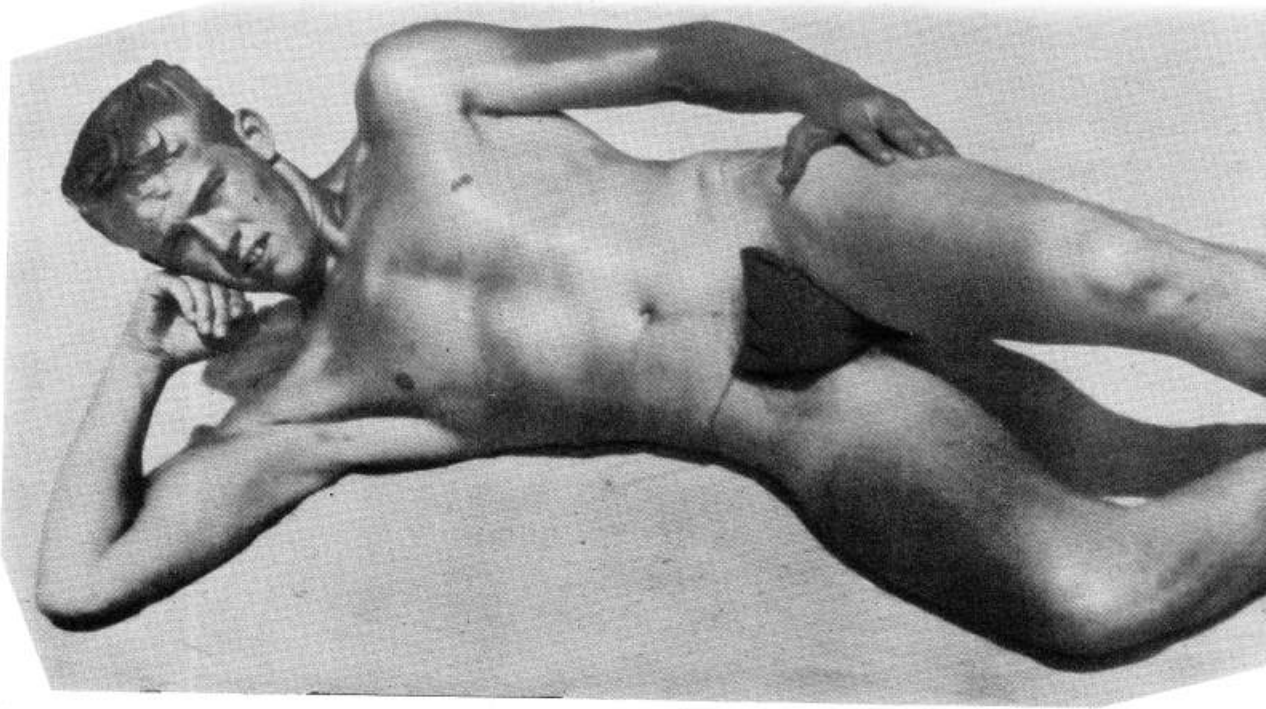


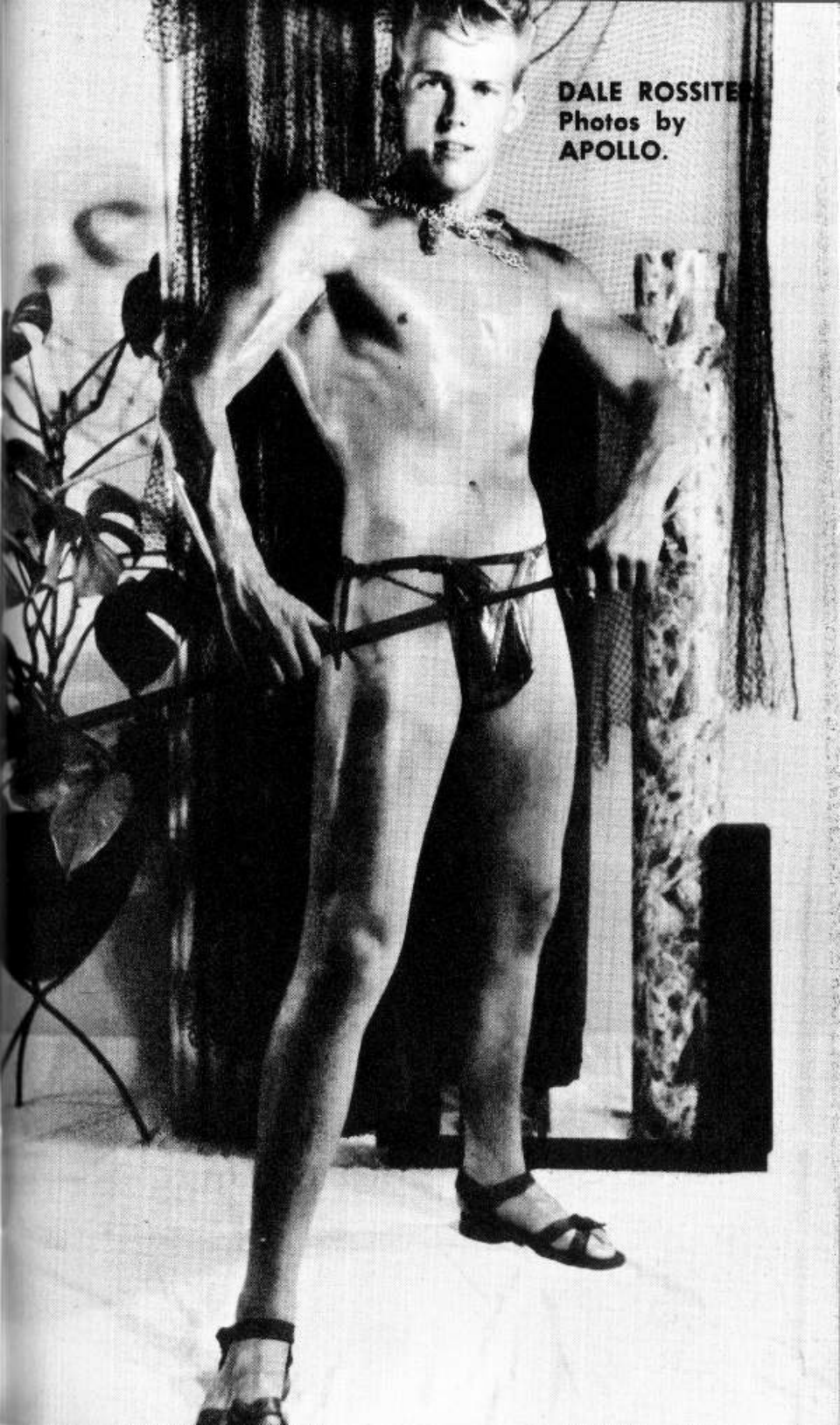
BOB STORR.
Photos by
KRIS.



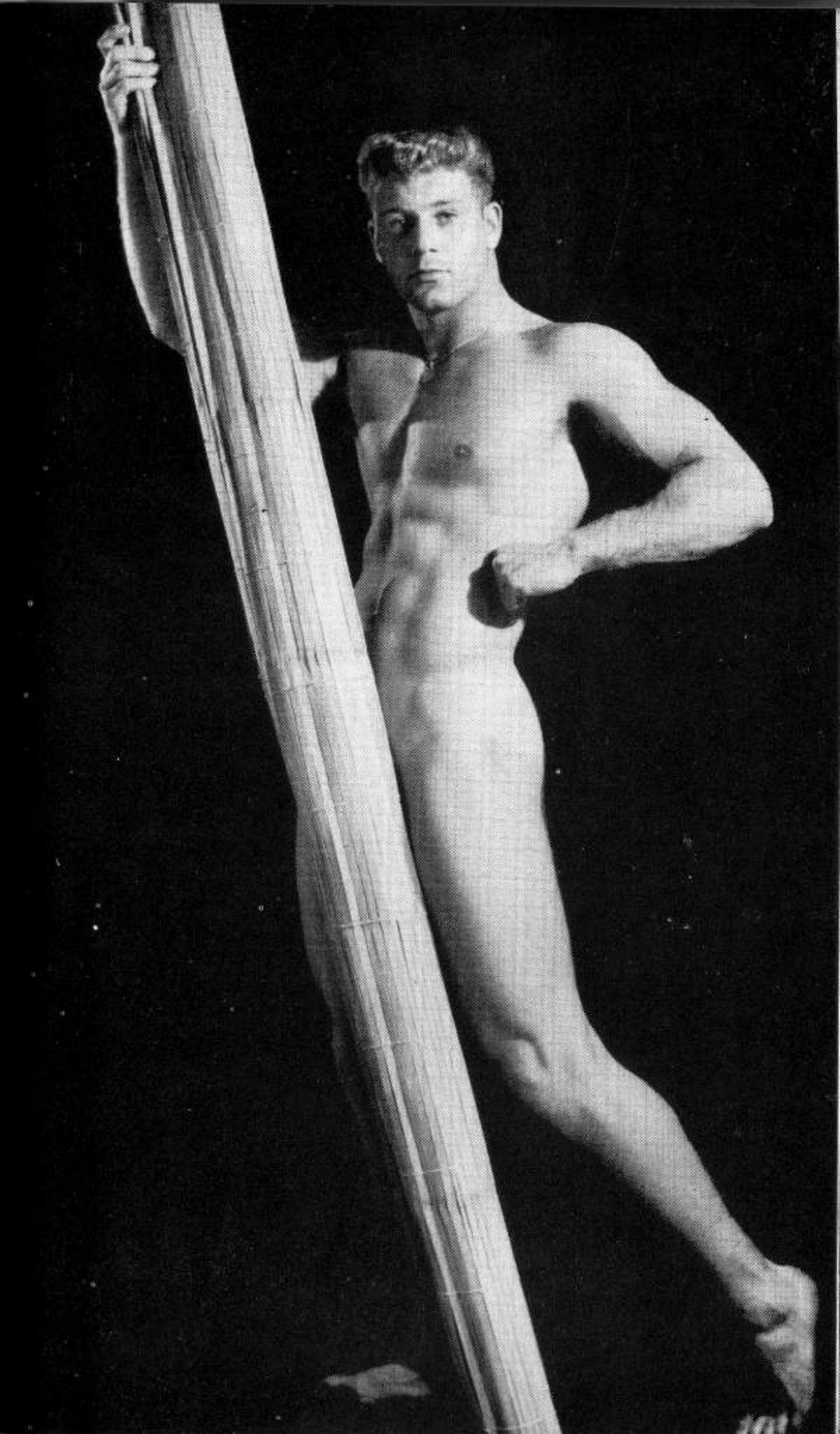
JIM WINSTON, 16, in photos from MERRIMAC HILL STUDIO.

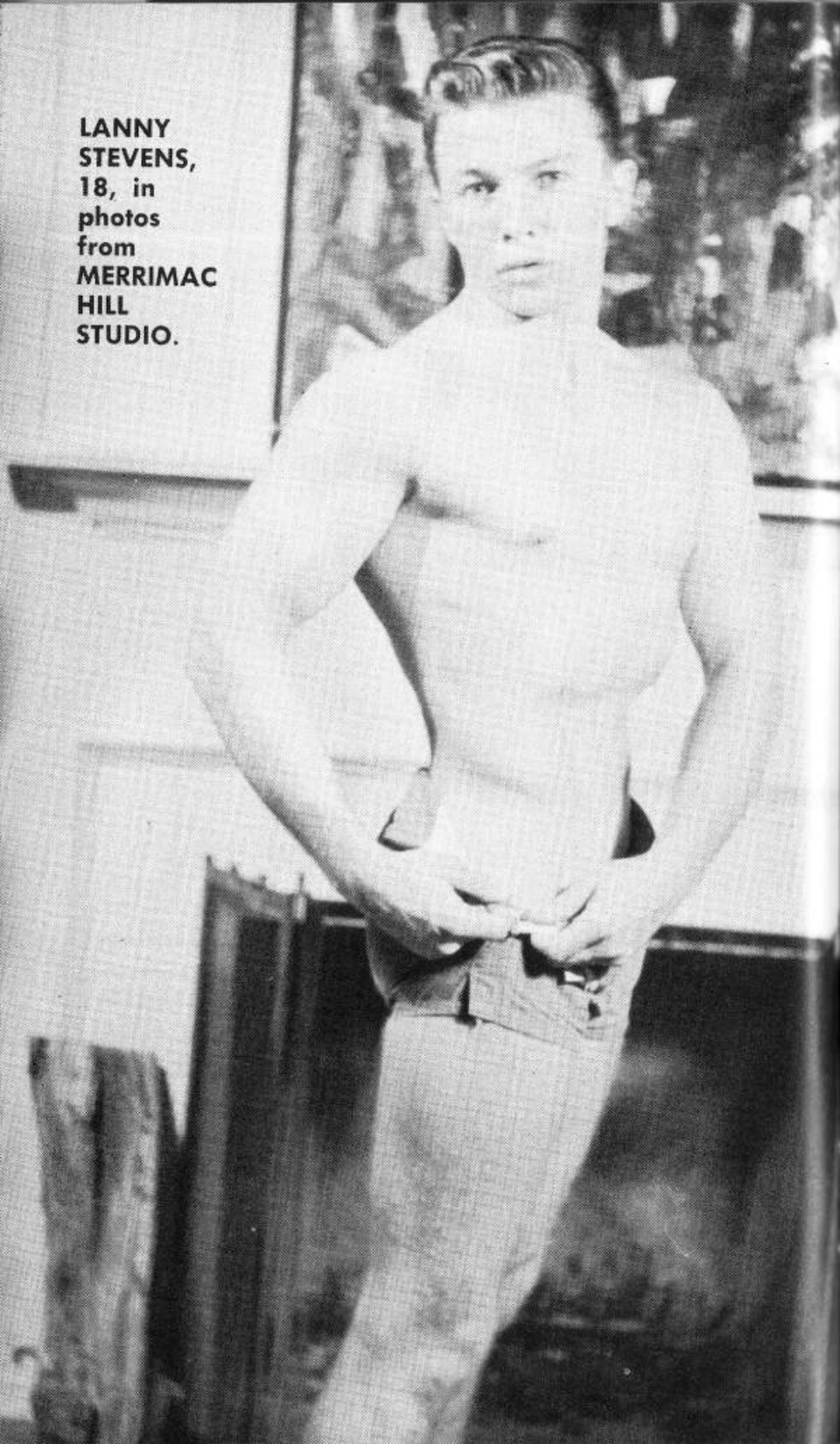




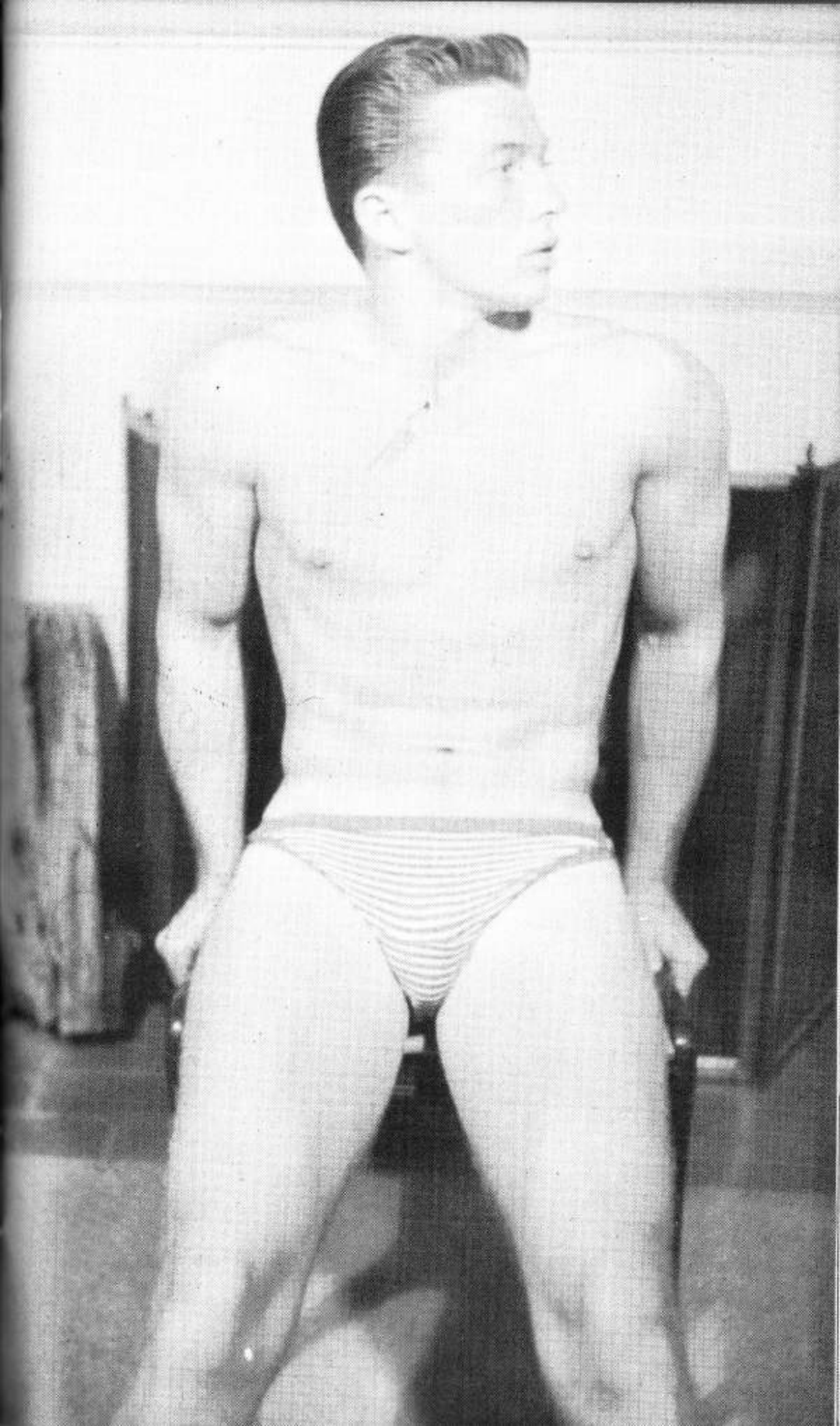

DALE ROSSITER
Photos by
APOLLO.

KIP
BEHAR.
Photos
by
MILO.

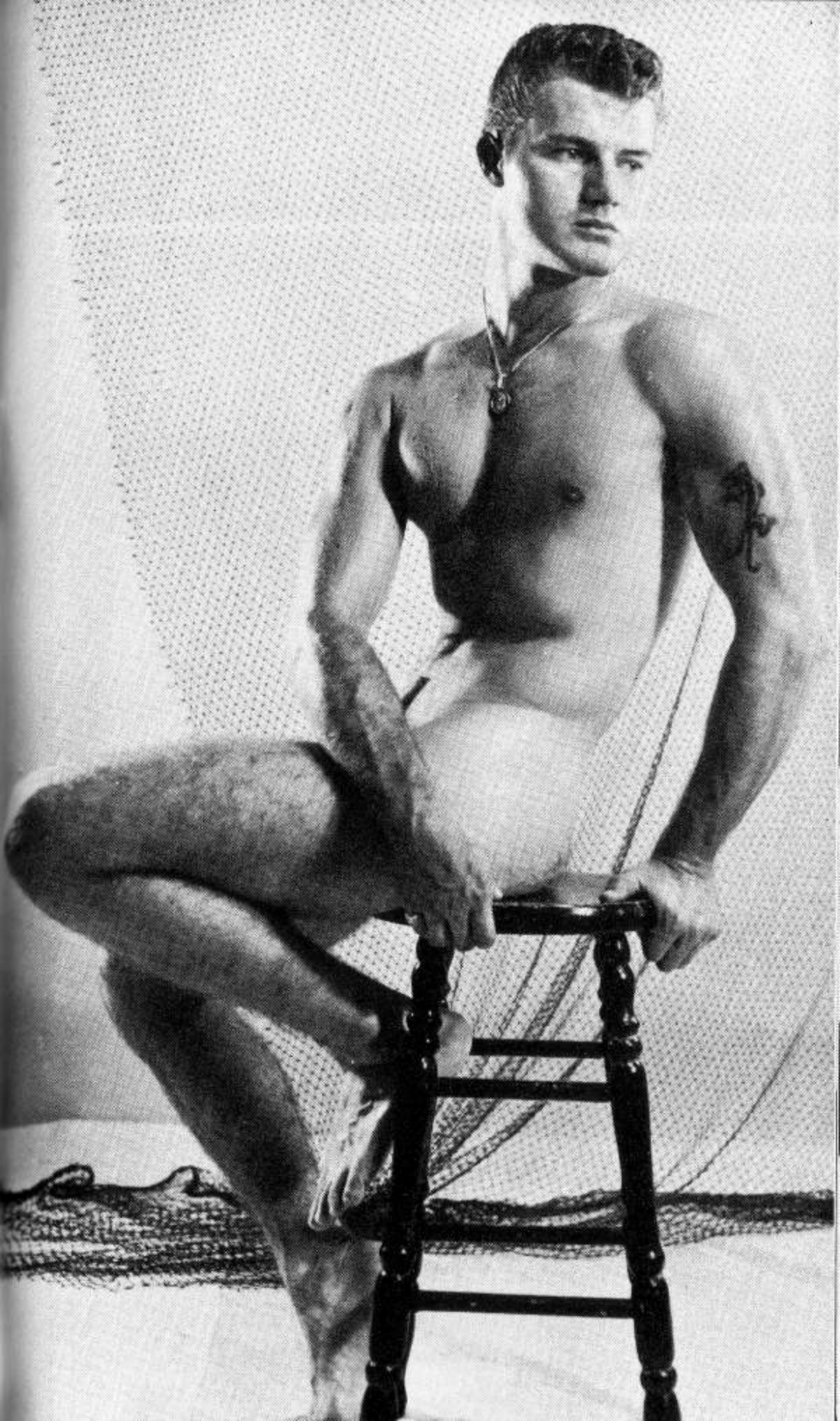


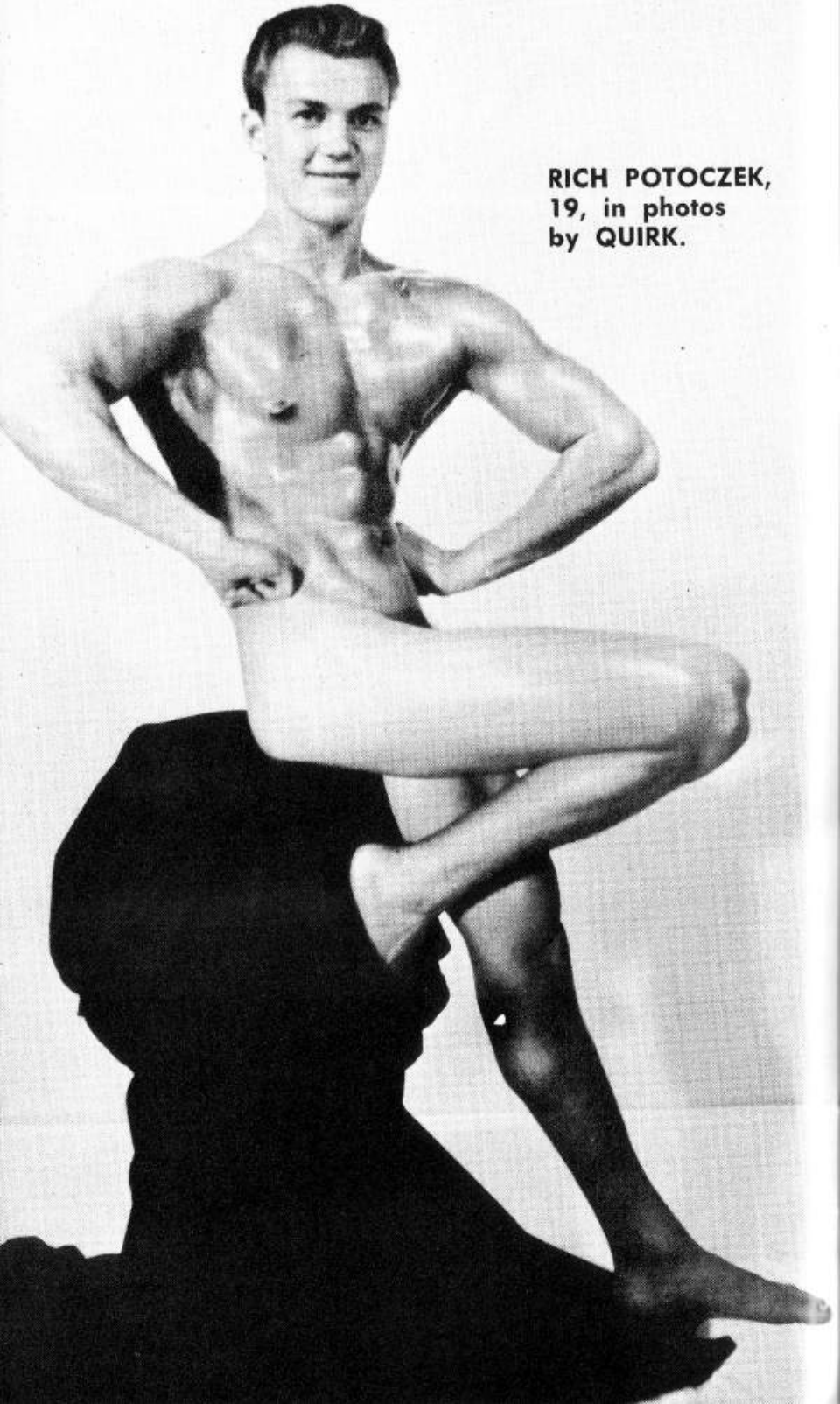


LANNY STEVENS, 18, in photos from MERRIMAC HILL STUDIO.

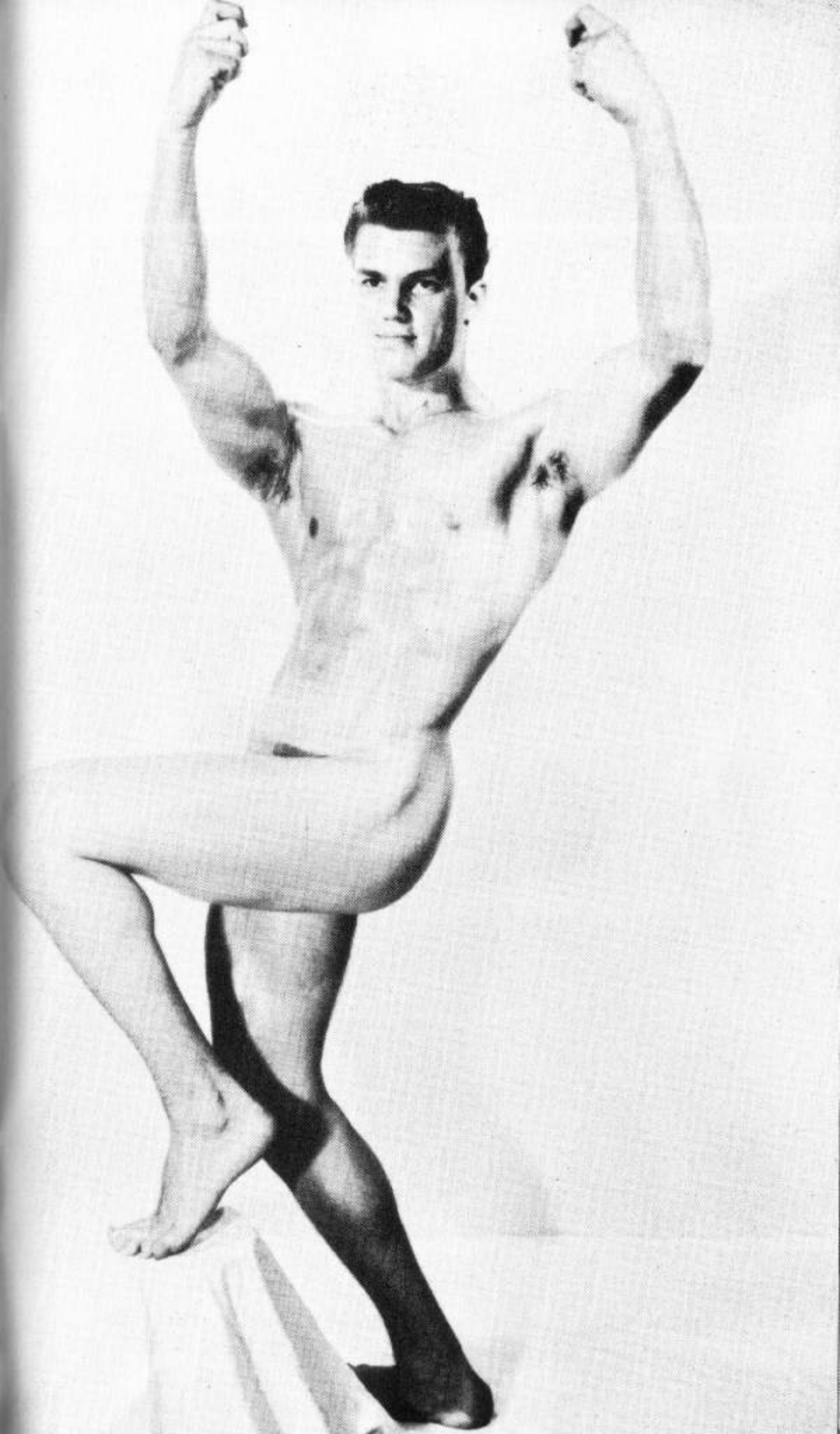


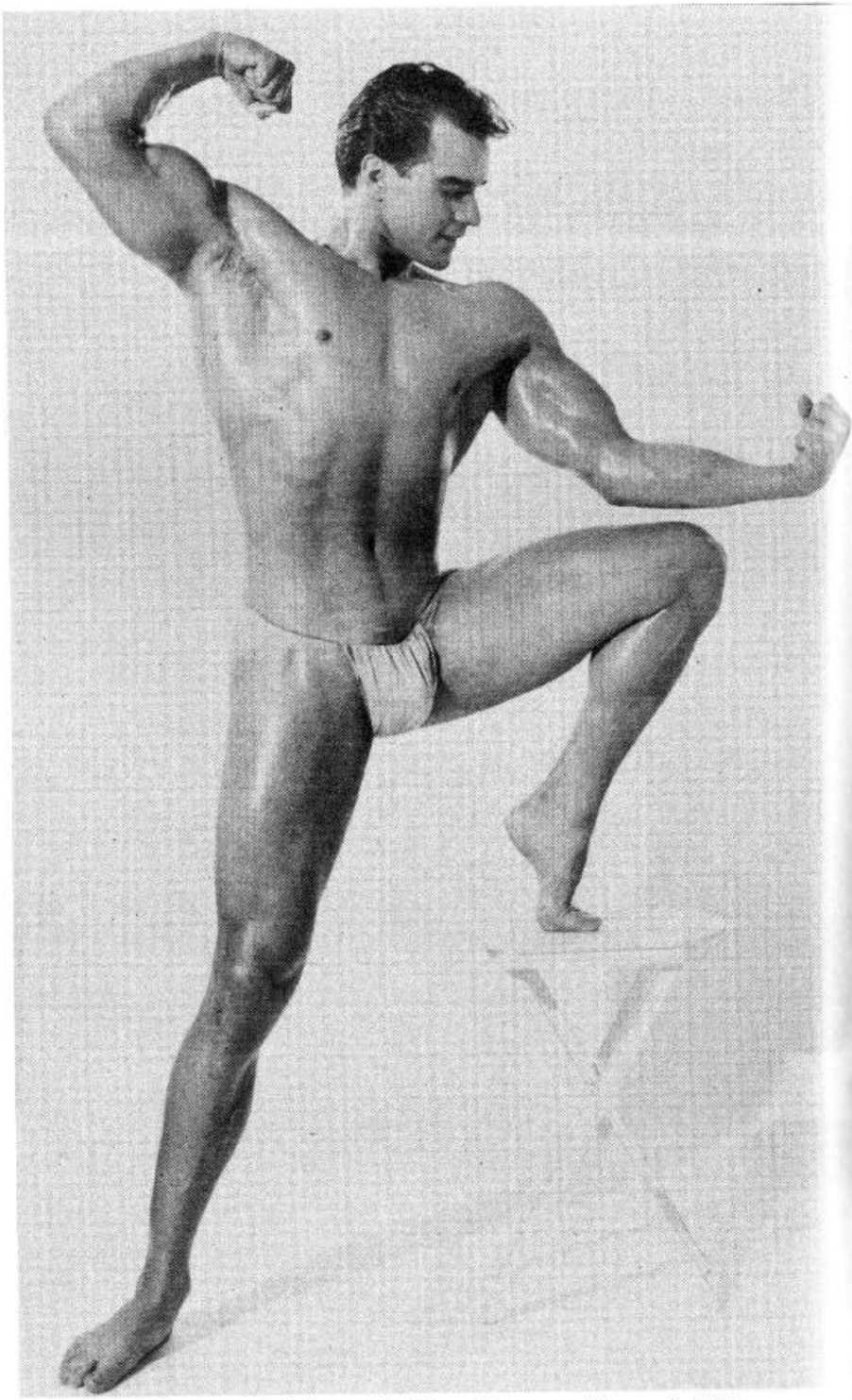
Just out of the USN, FRANK HLIVJKA now lives in Chicago. Photos by ZENITH.



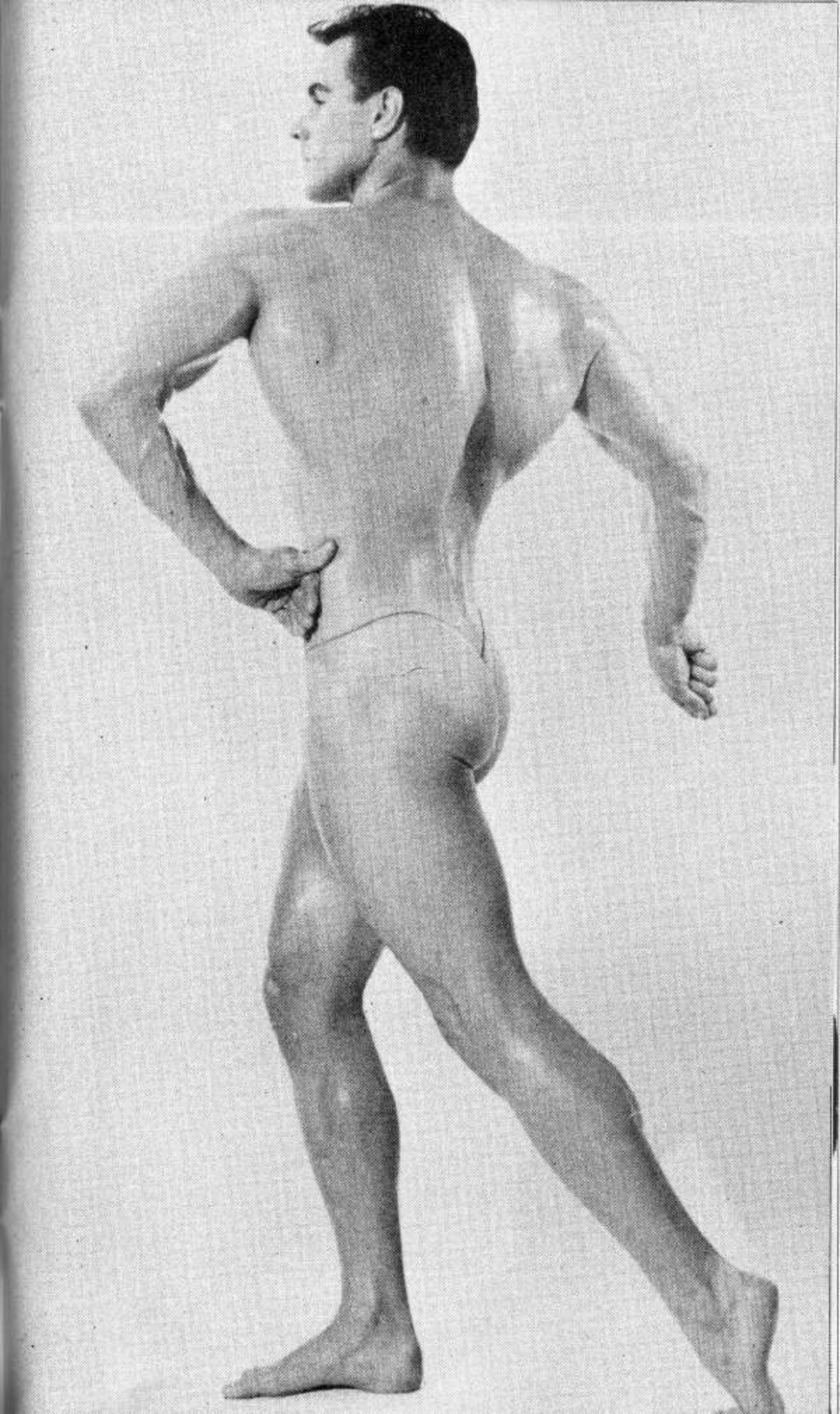


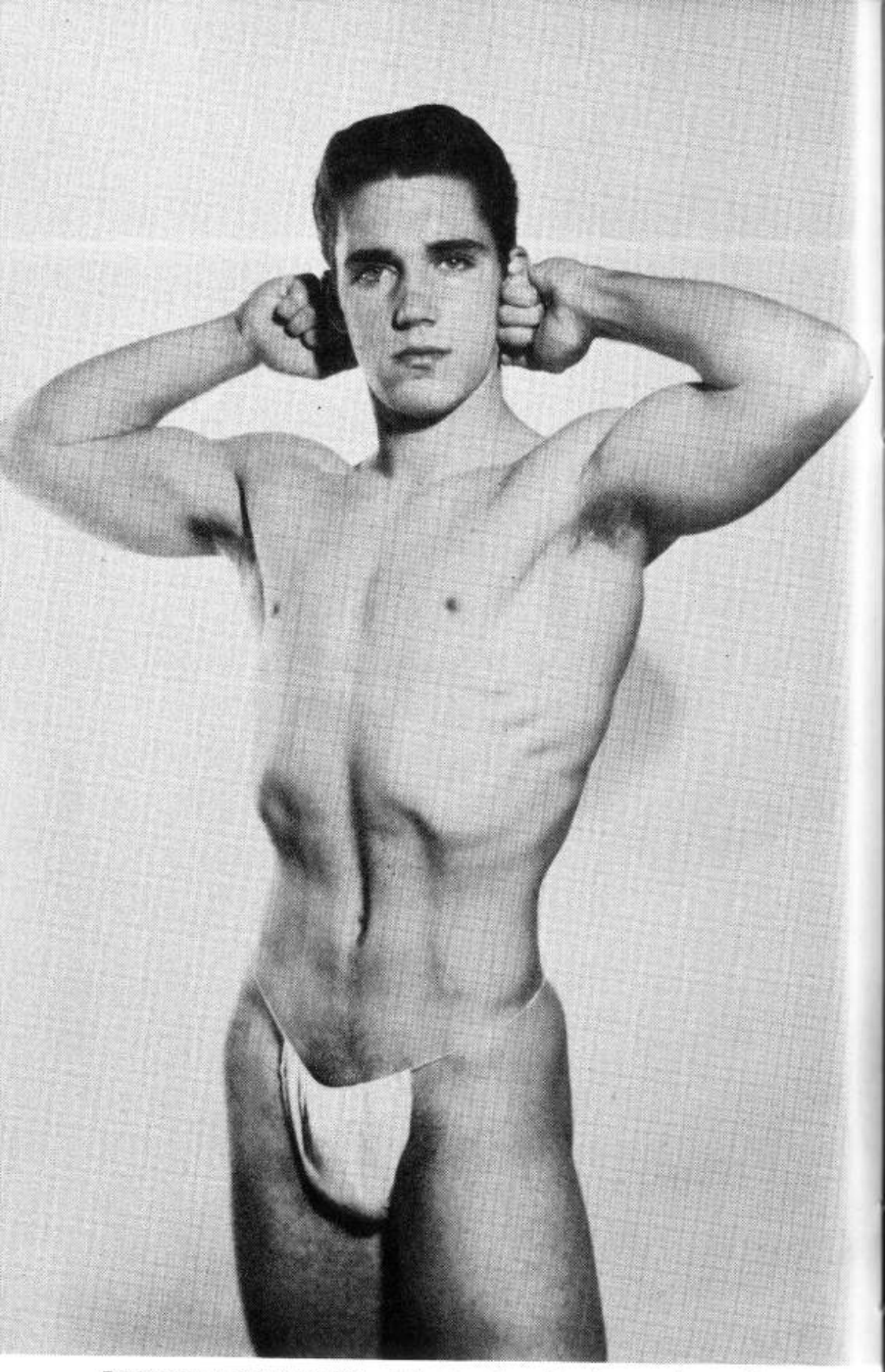
RICH POTOCZEK, 19, in photos by QUIRK.



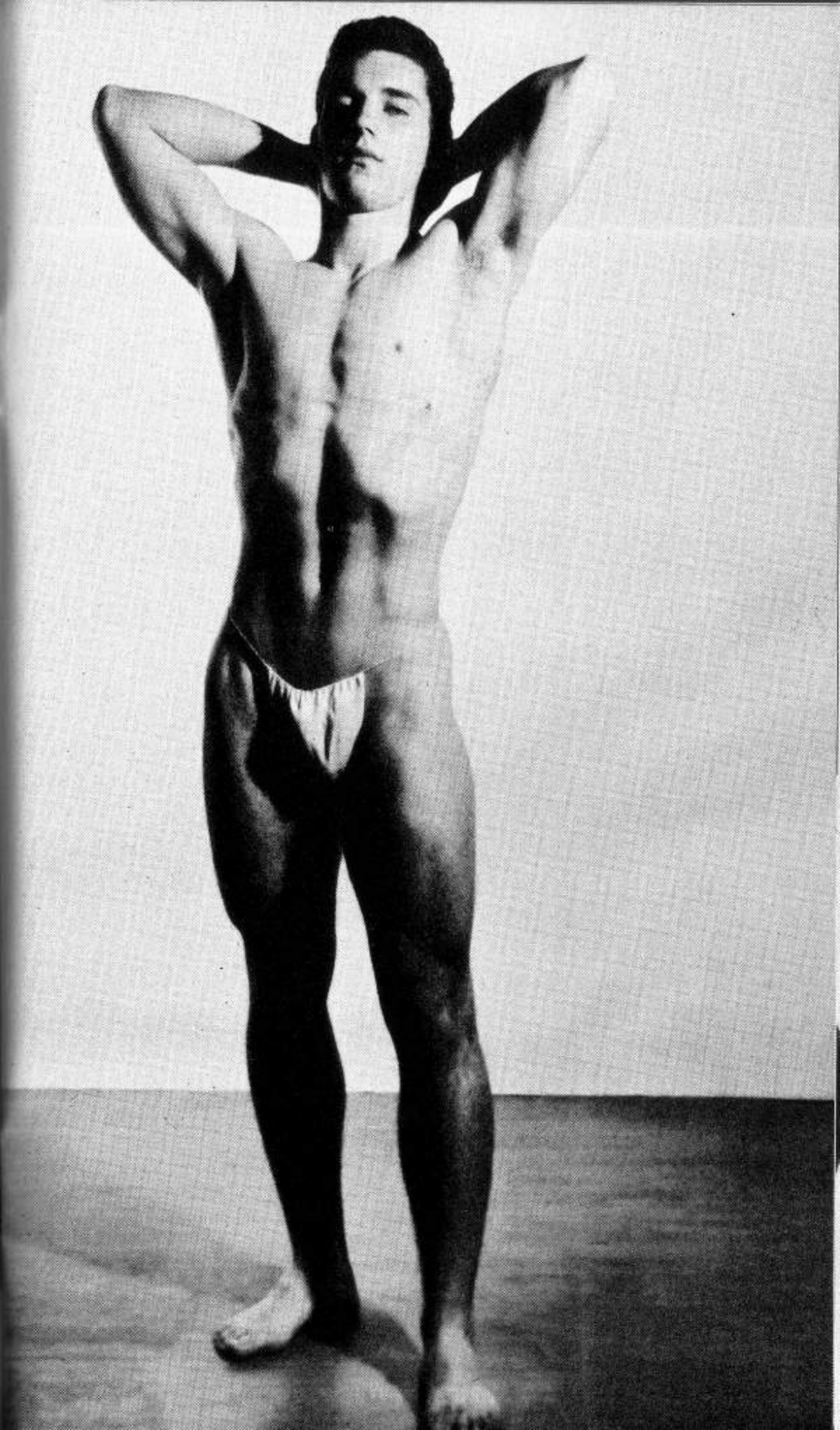


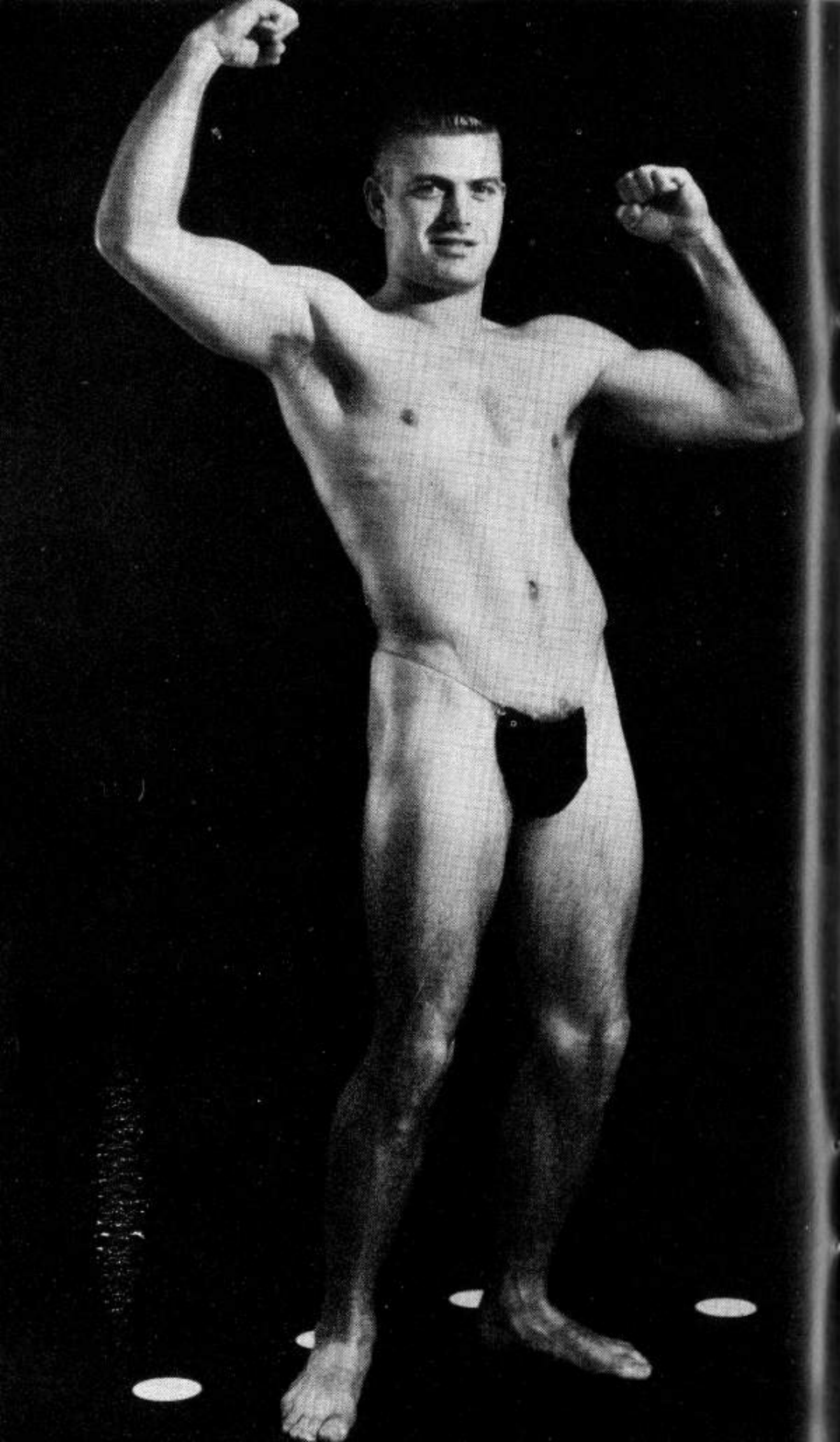
BILLY HILL, holder of "Mr. Montreal" and "Mr. Canada" titles, in photos by BOB ANTHONY.

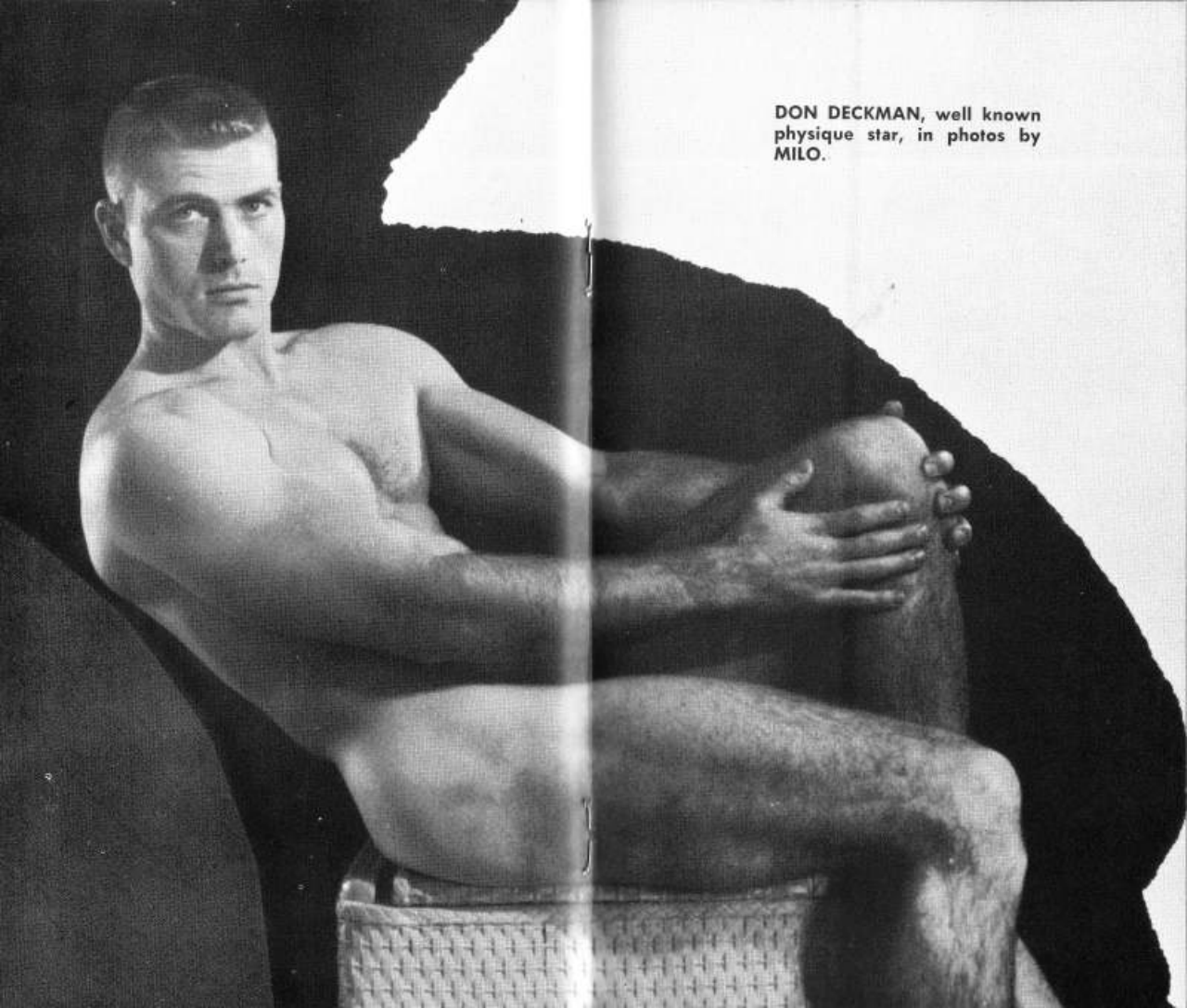




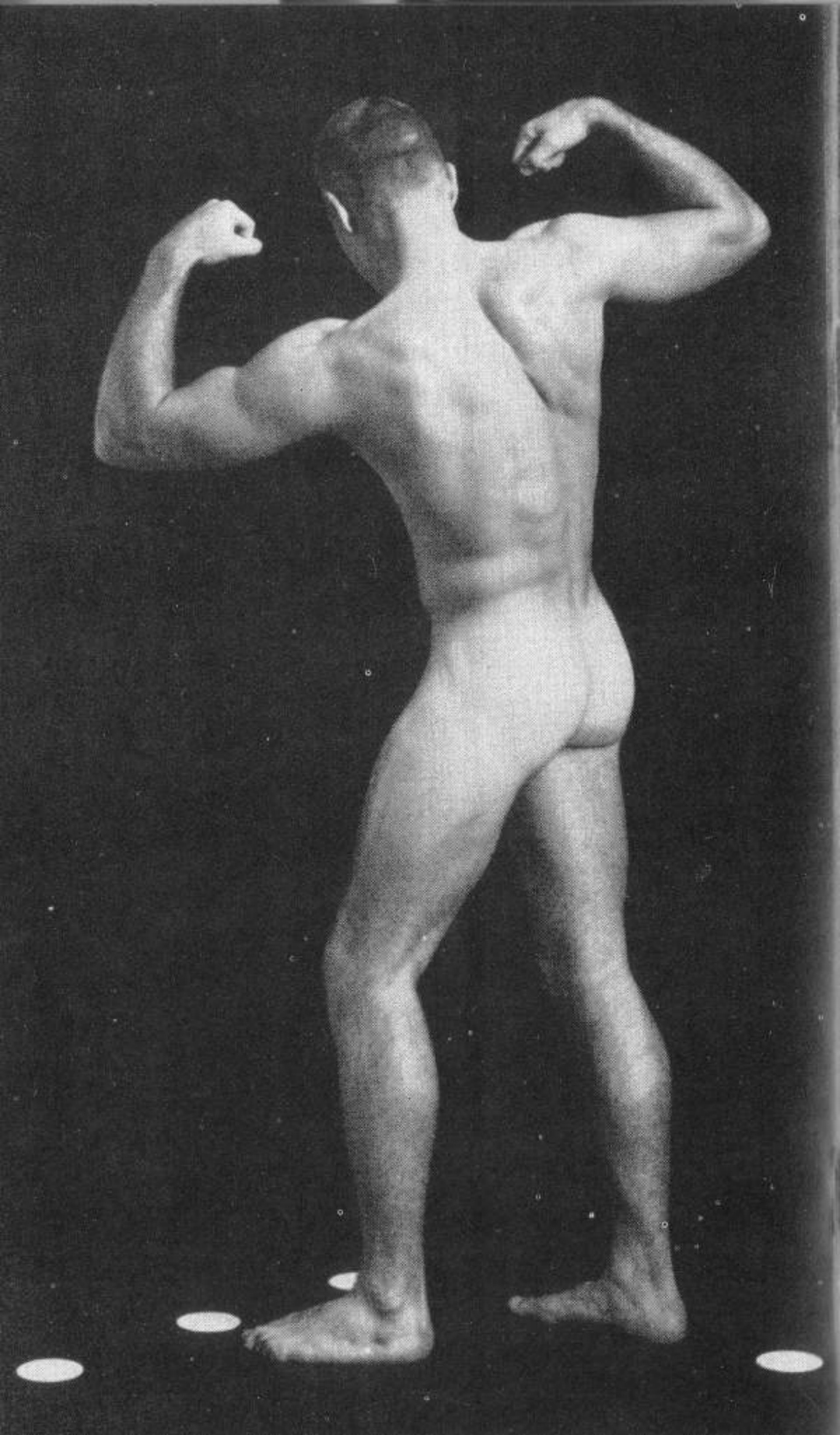
DENNIS CONNORS, 17, is the brother of well known physique model JOHNNY CONNORS. Photos by ANTHONY GUYTHER.

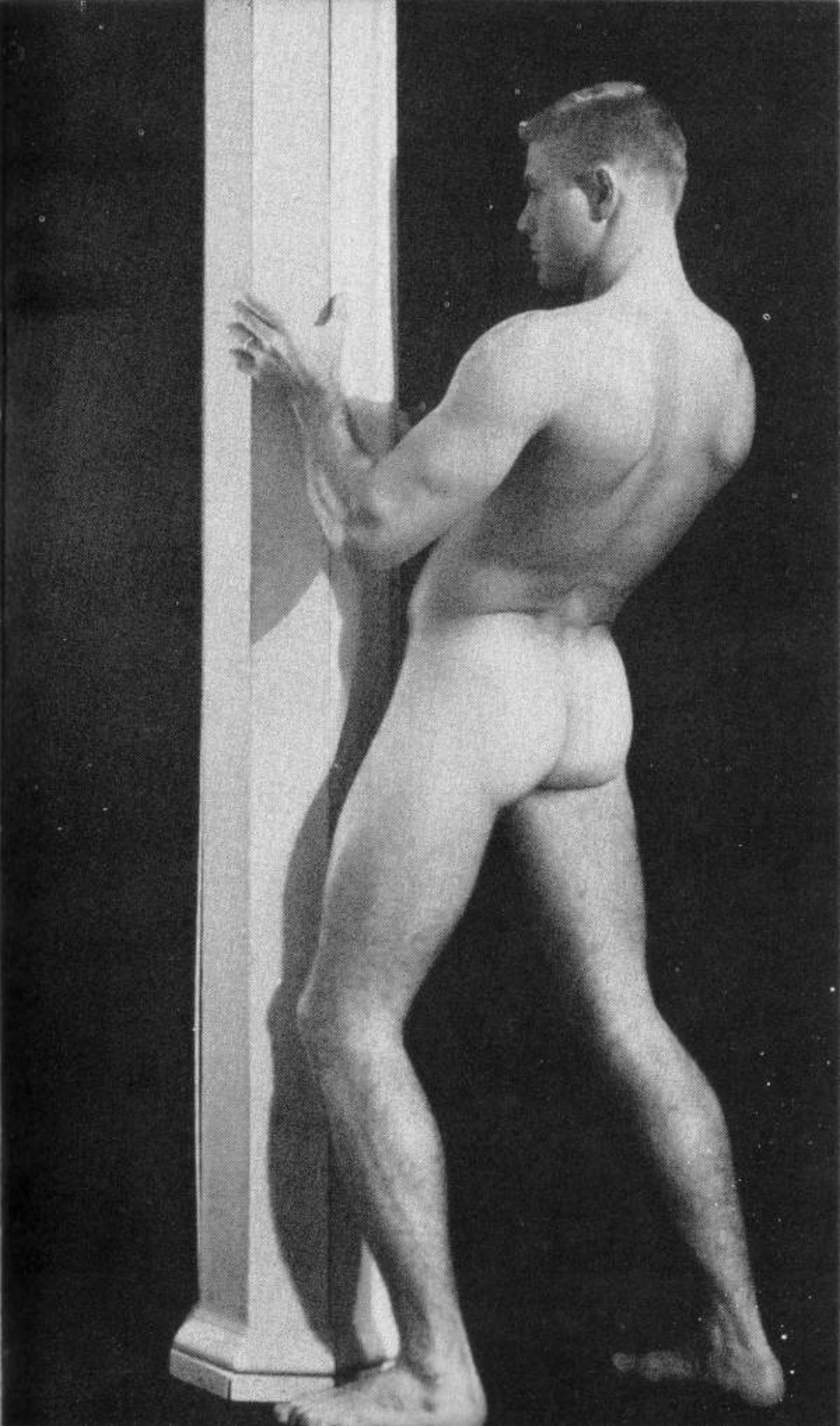




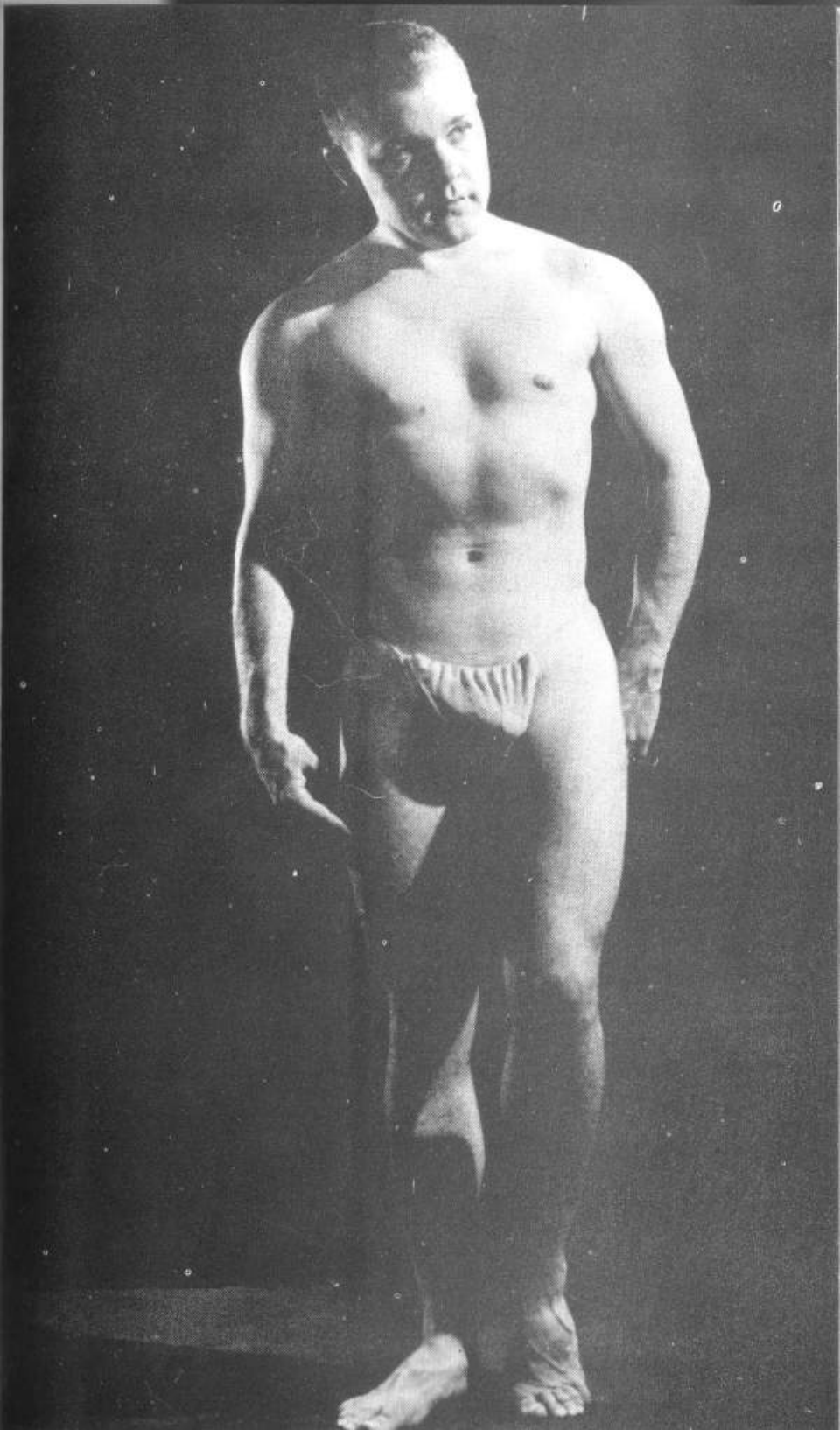


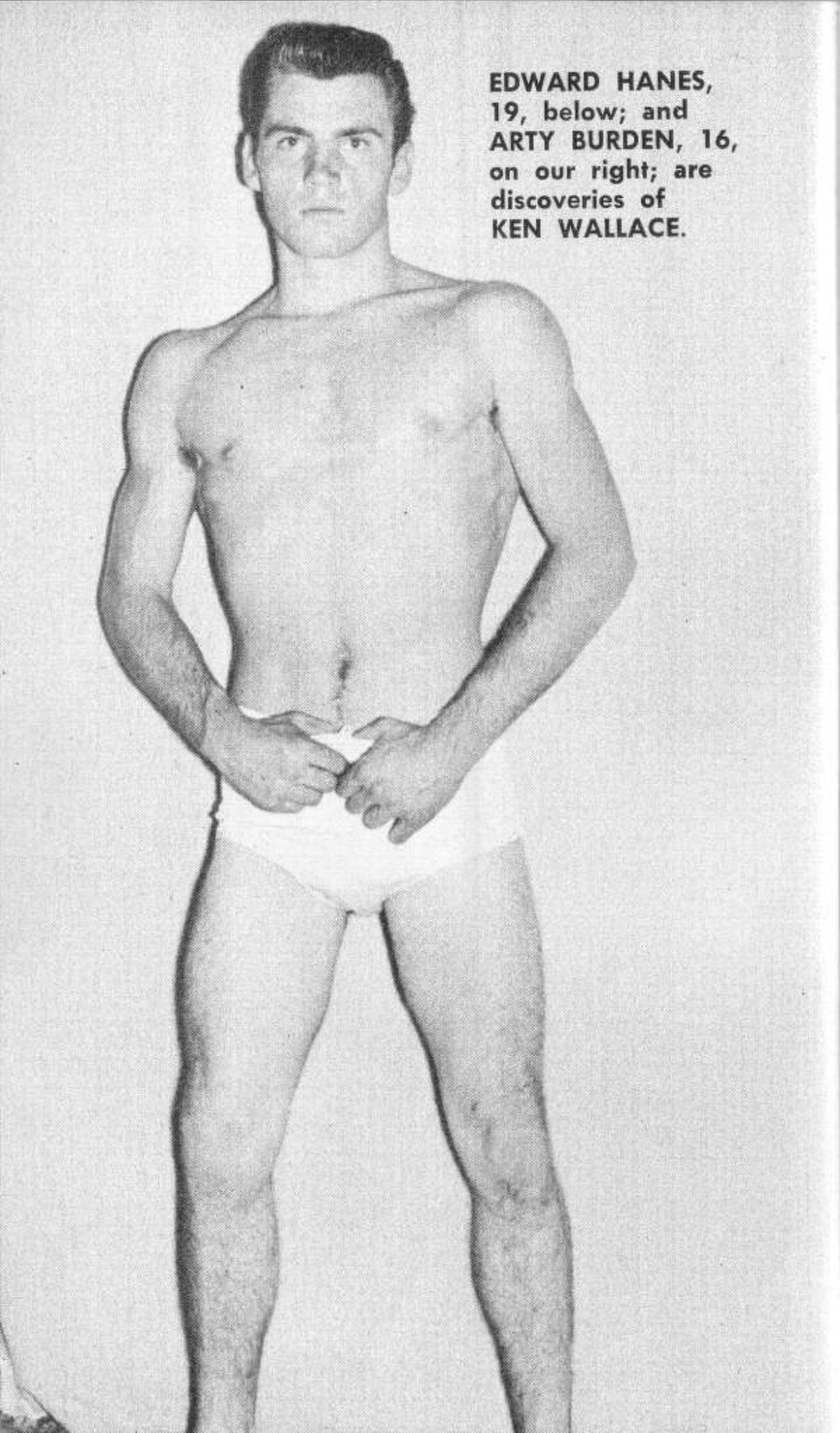
DON DECKMAN, well known physique star, in photos by MILO.



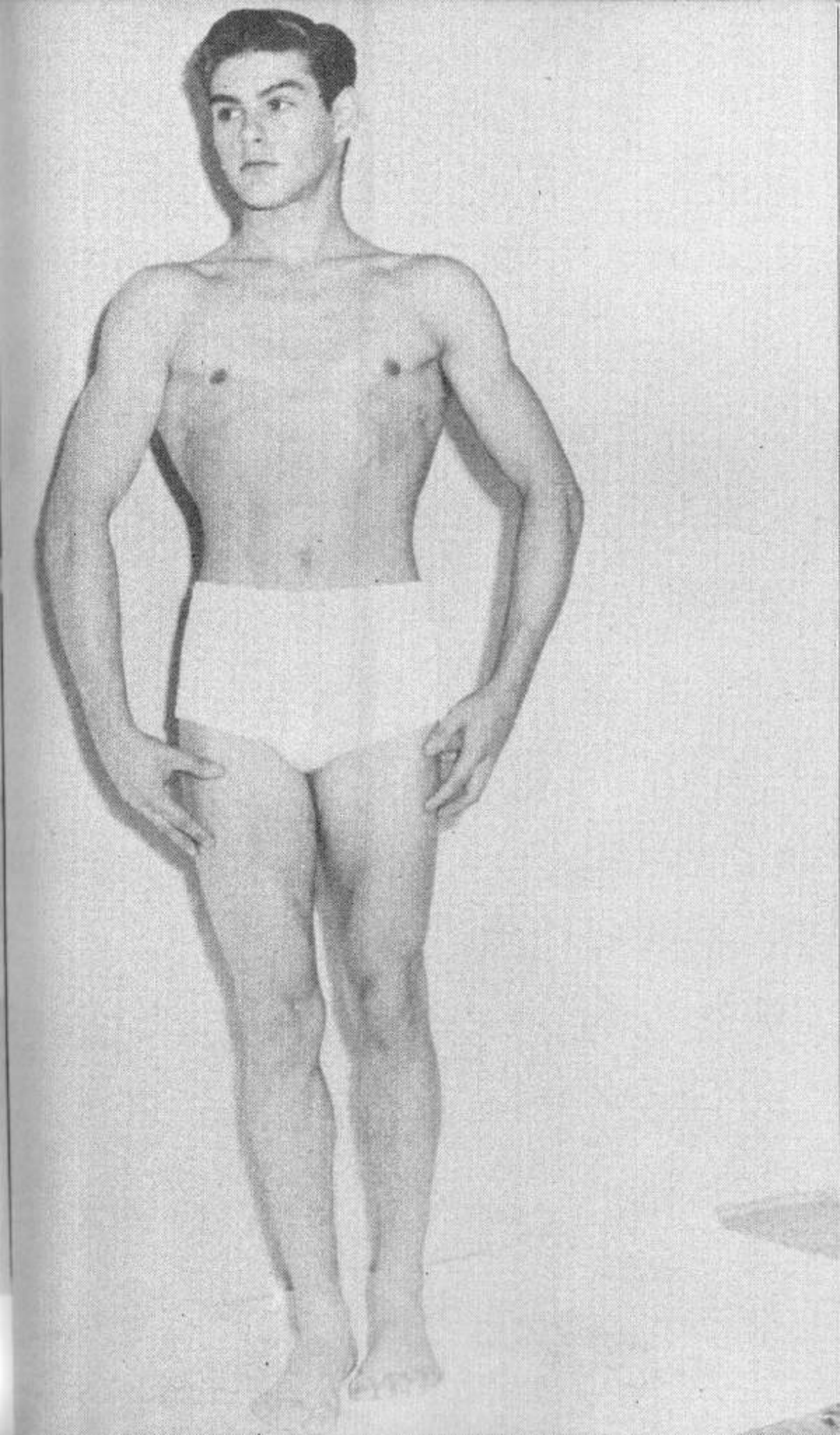


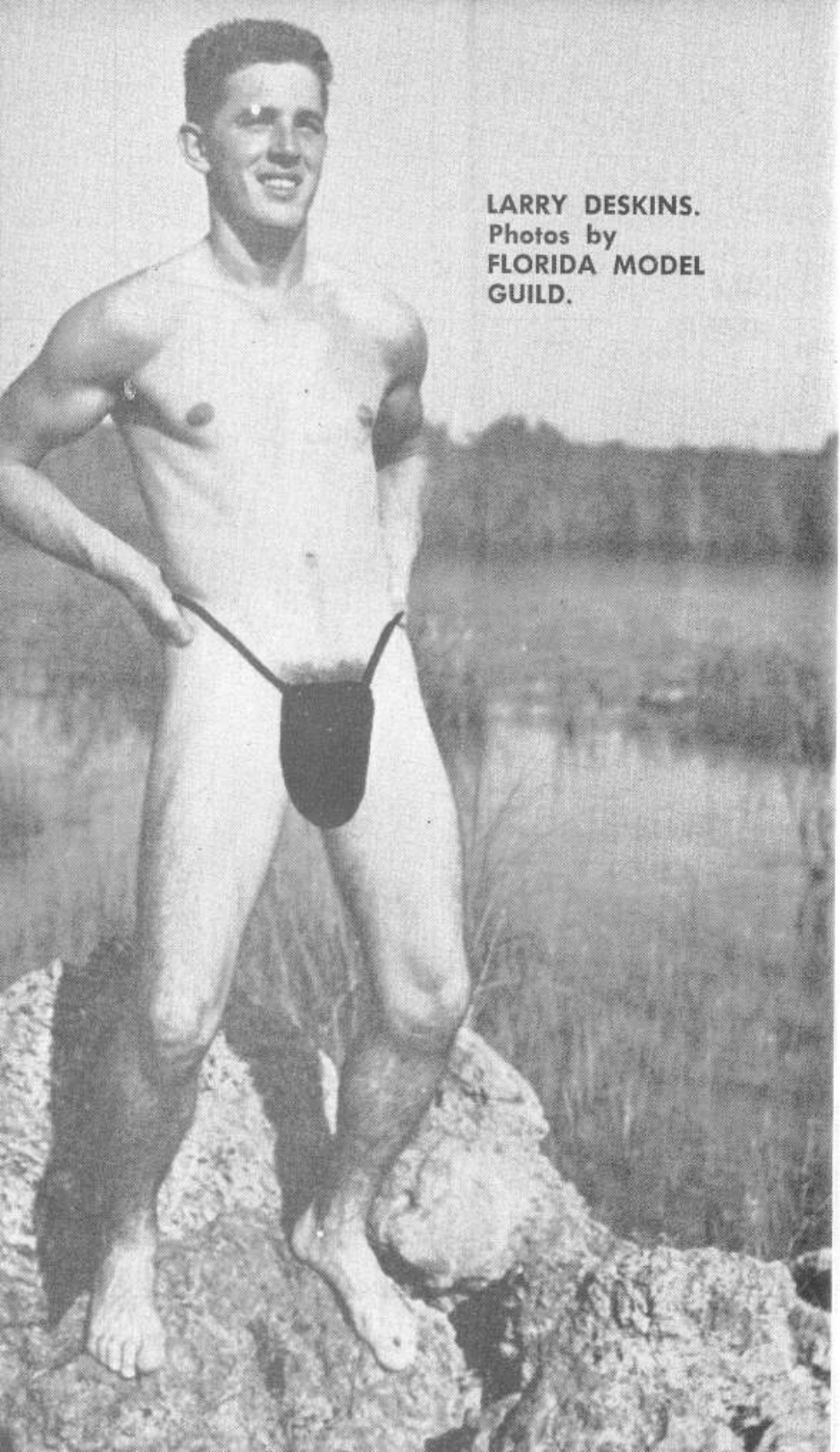
TOM HARLAN.
Photos by
WILLARD.



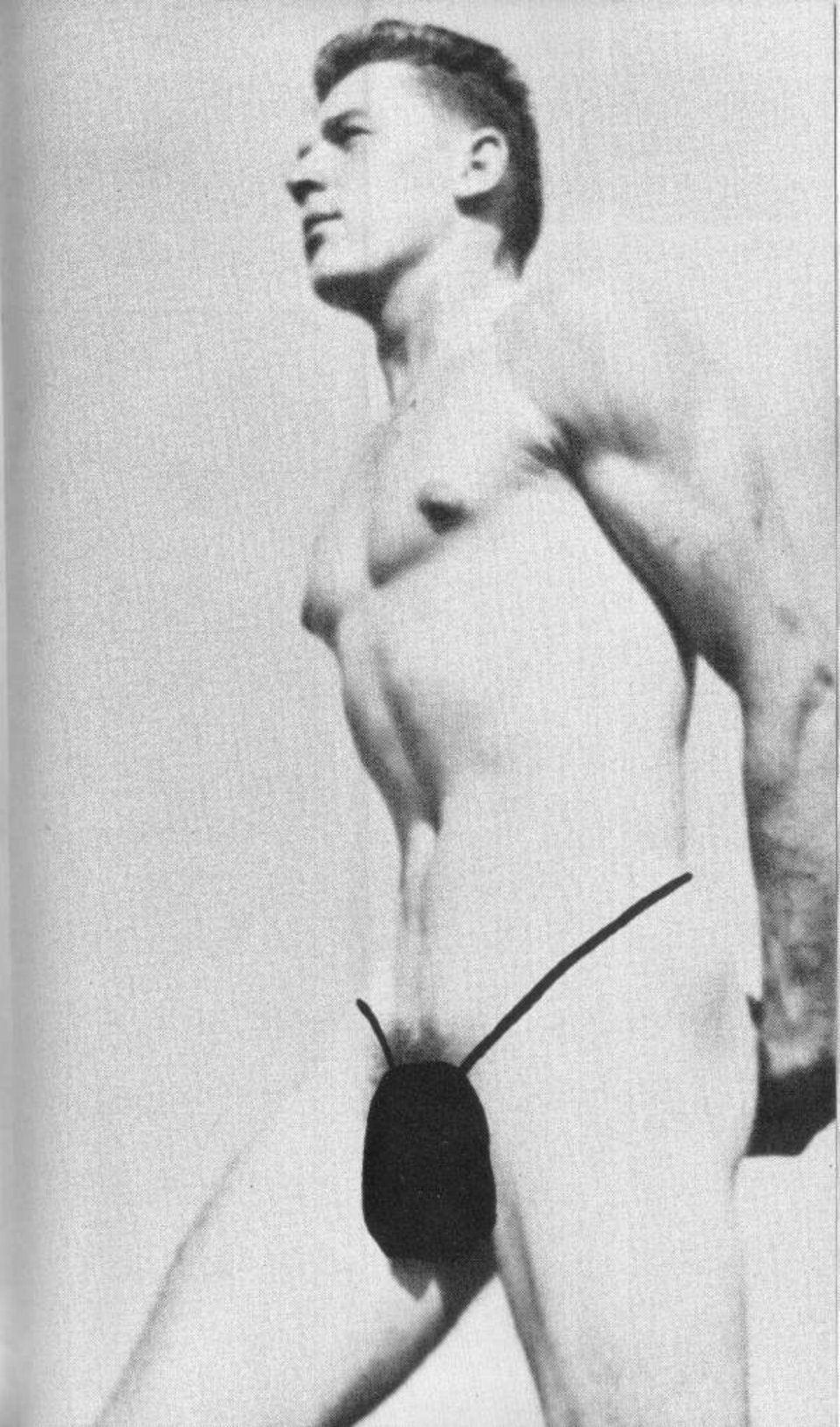


EDWARD HANES, 19, below; and ARTY BURDEN, 16, on our right; are discoveries of KEN WALLACE.

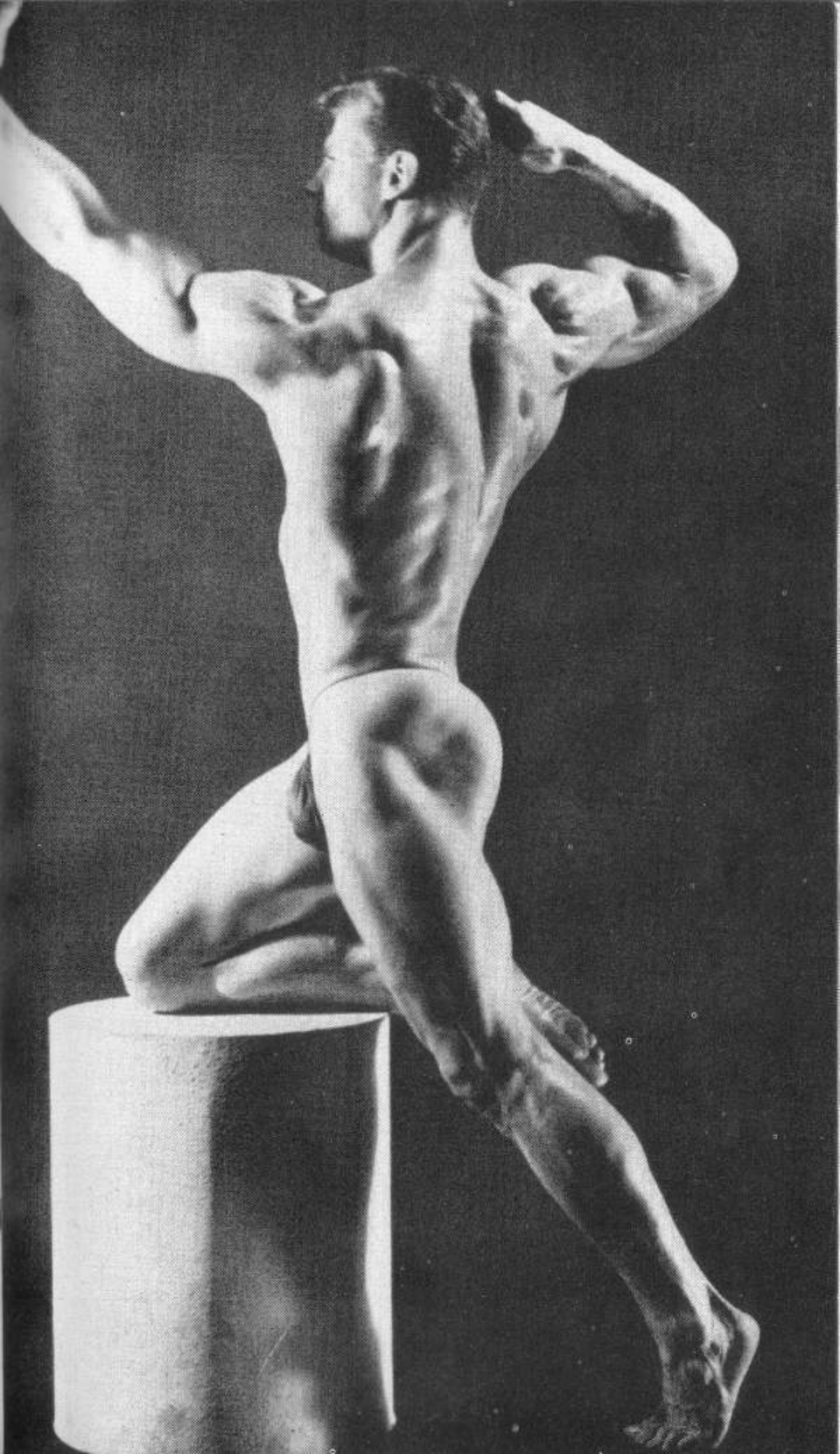


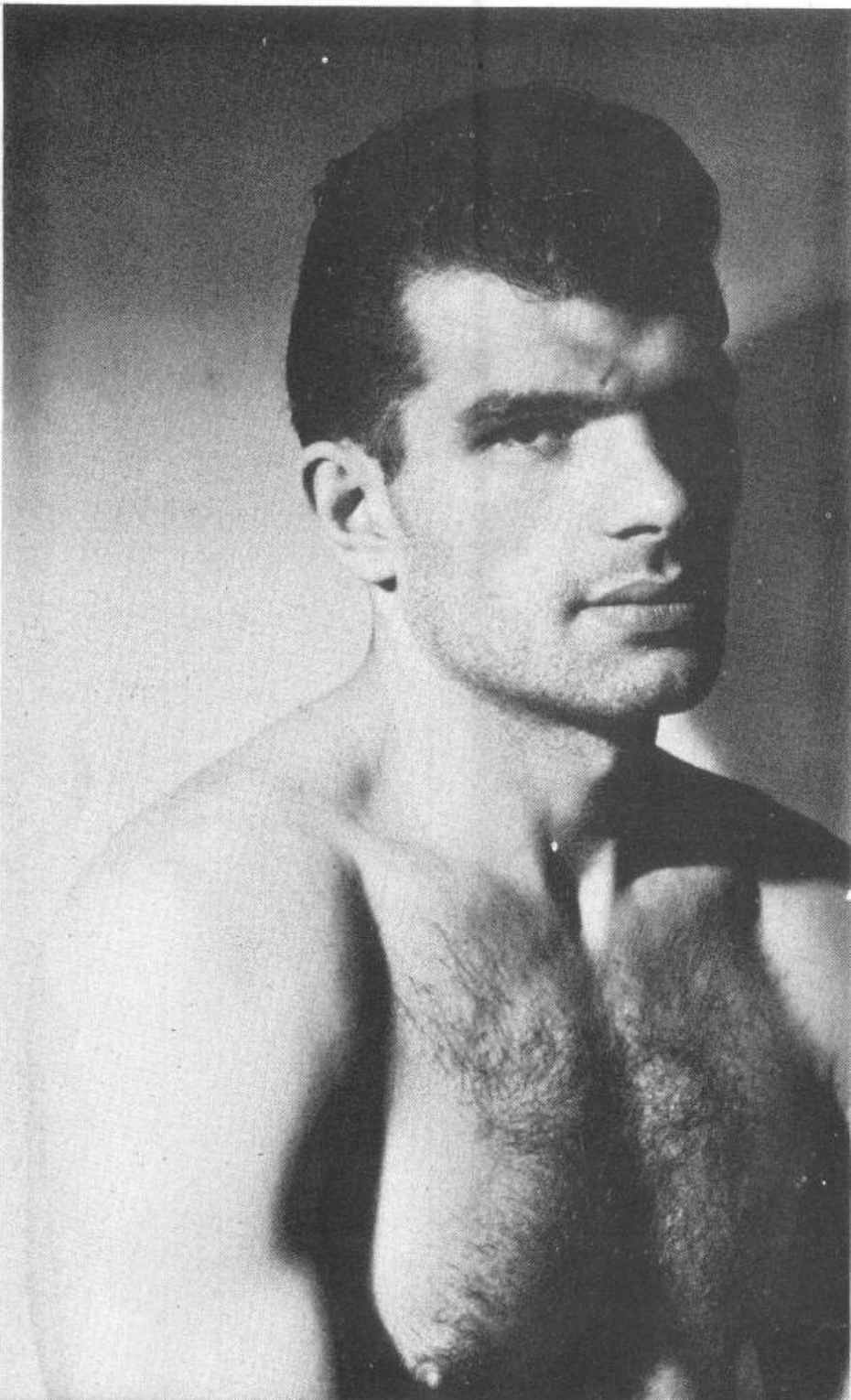


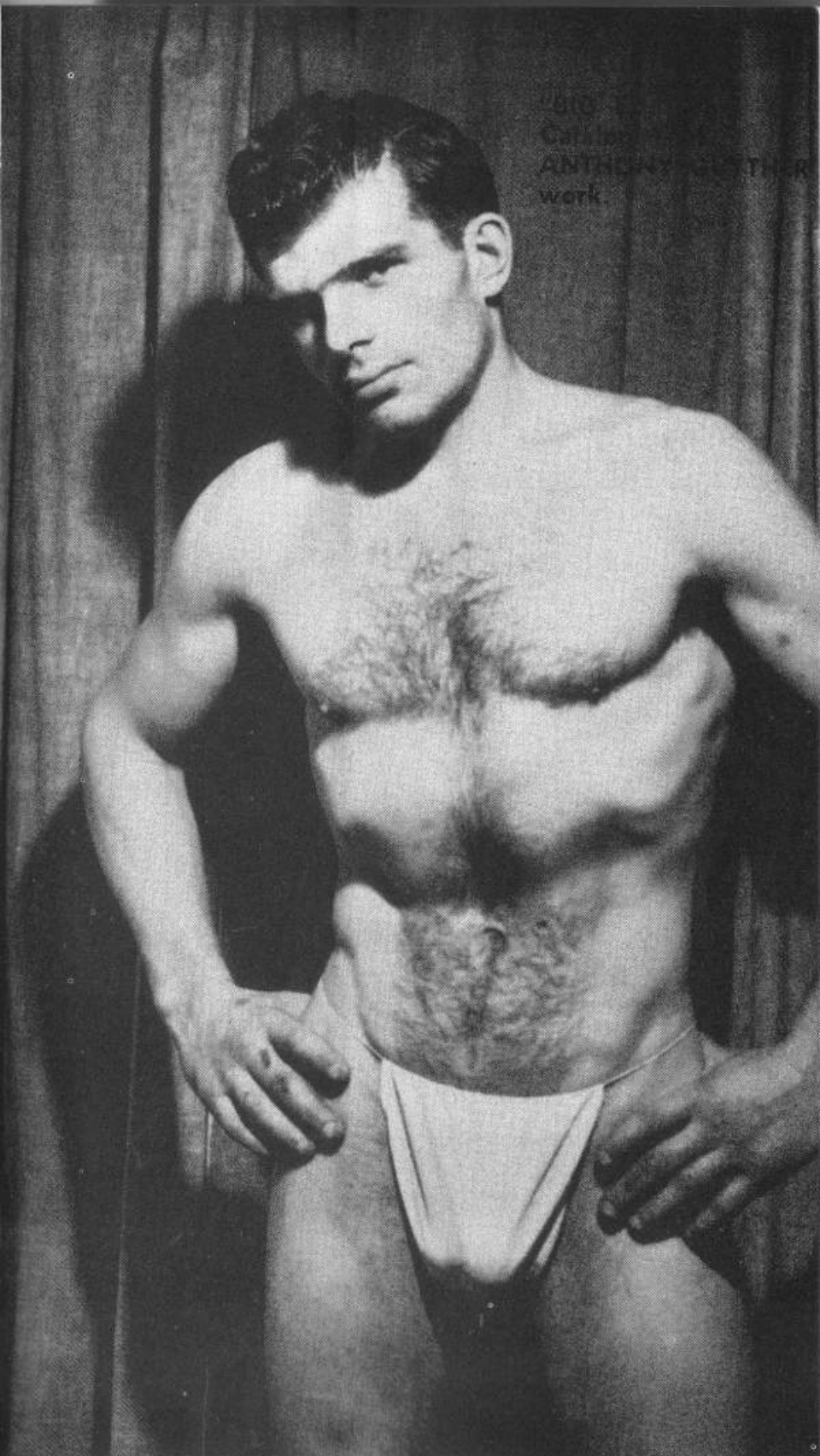
LARRY DESKINS.
Photos by
FLORIDA MODEL
GUILD.

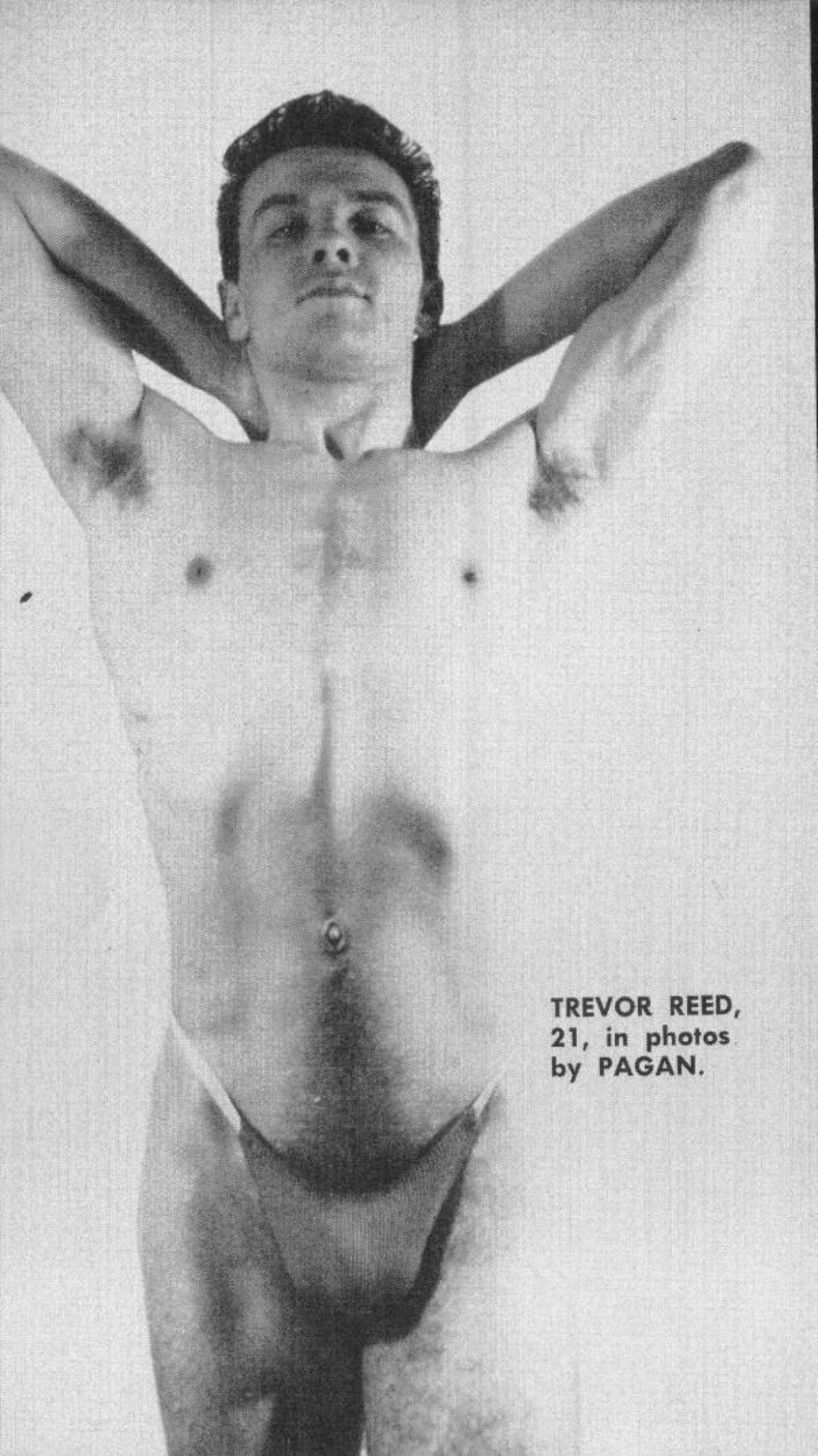


GEORGE O'MARA.
Photos by KRIS.

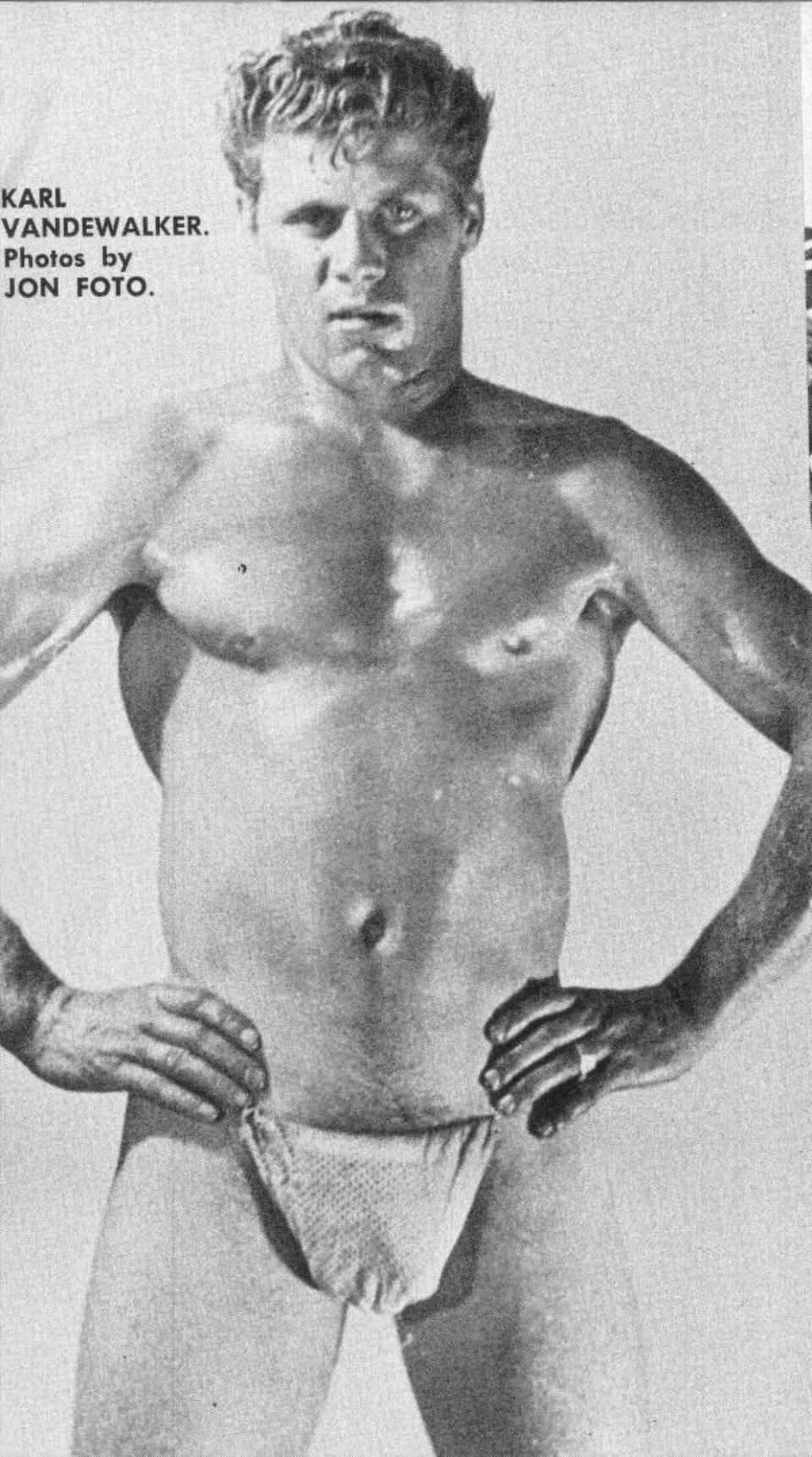


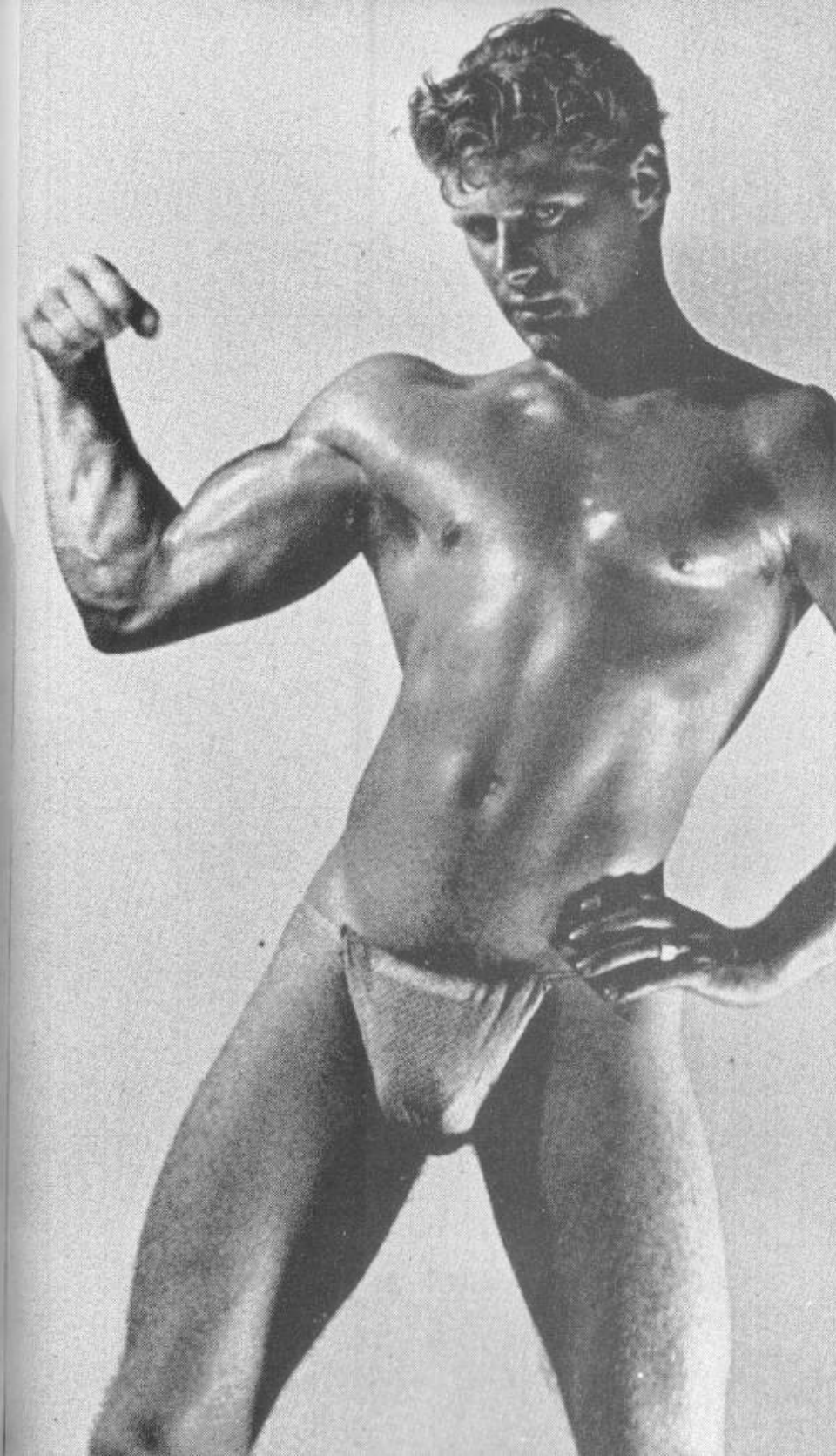


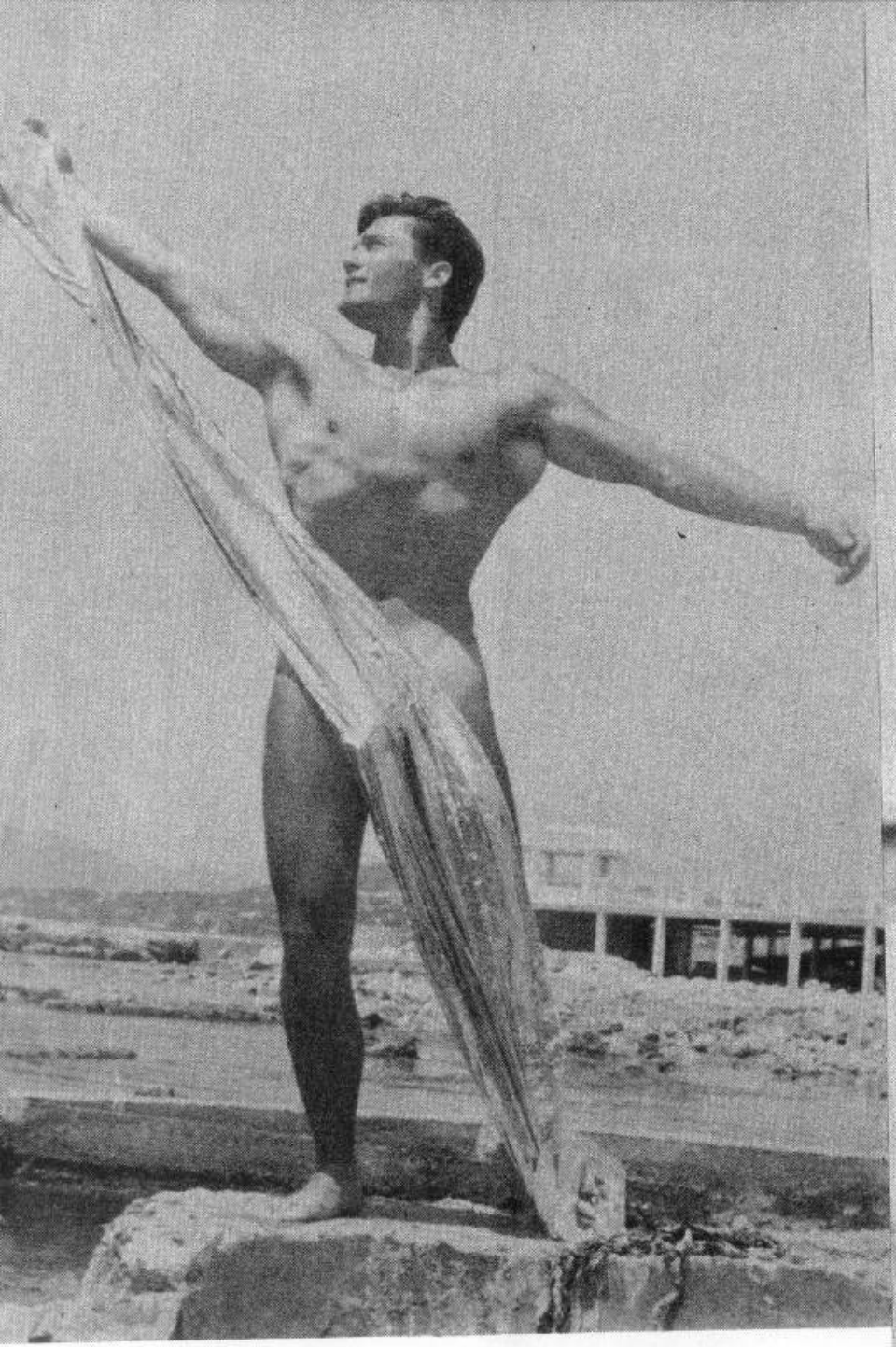




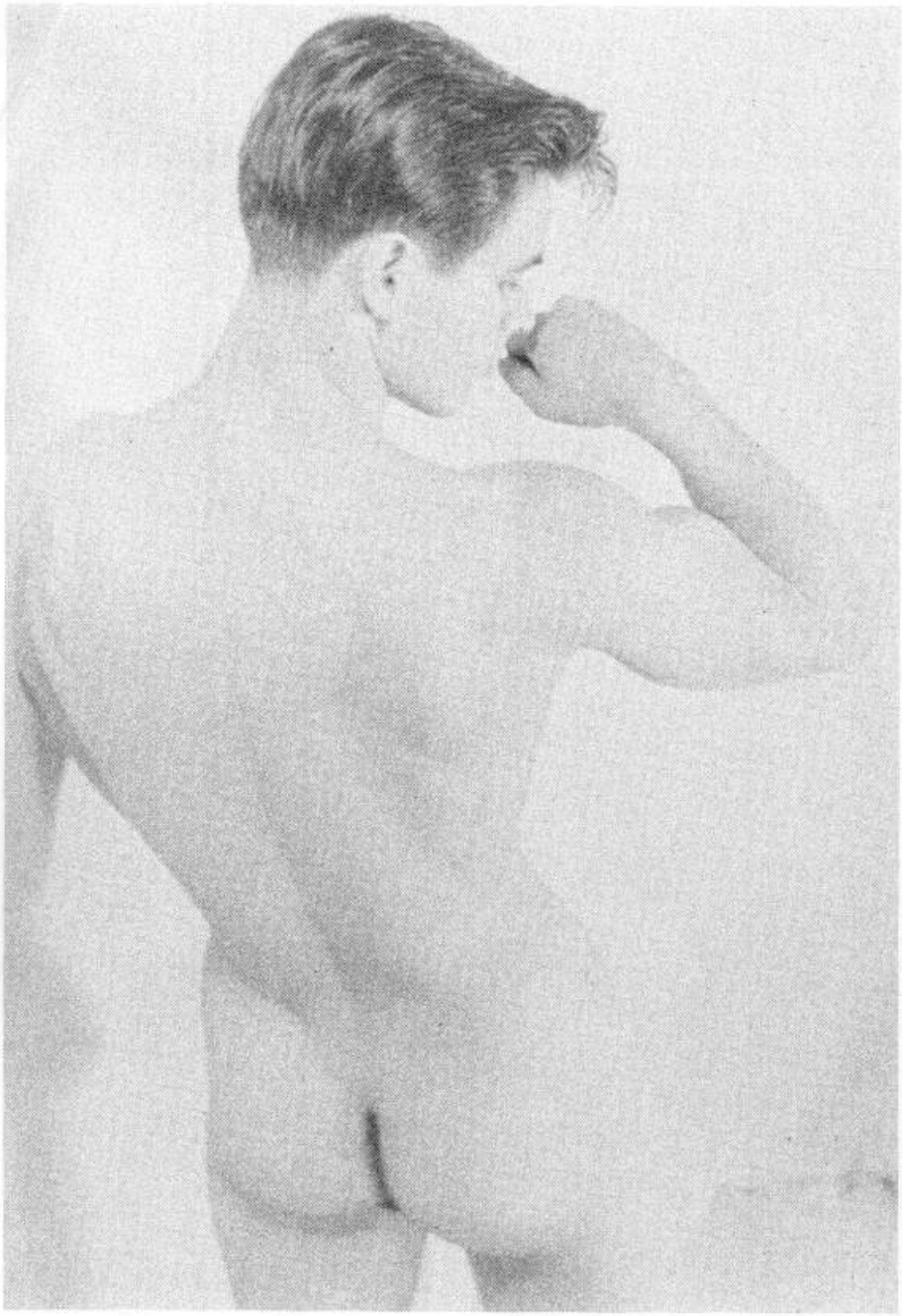
TREVOR REED, 21, in photos by PAGAN.


KARL
VANDEWALKER.
Photos by
JON FOTO.

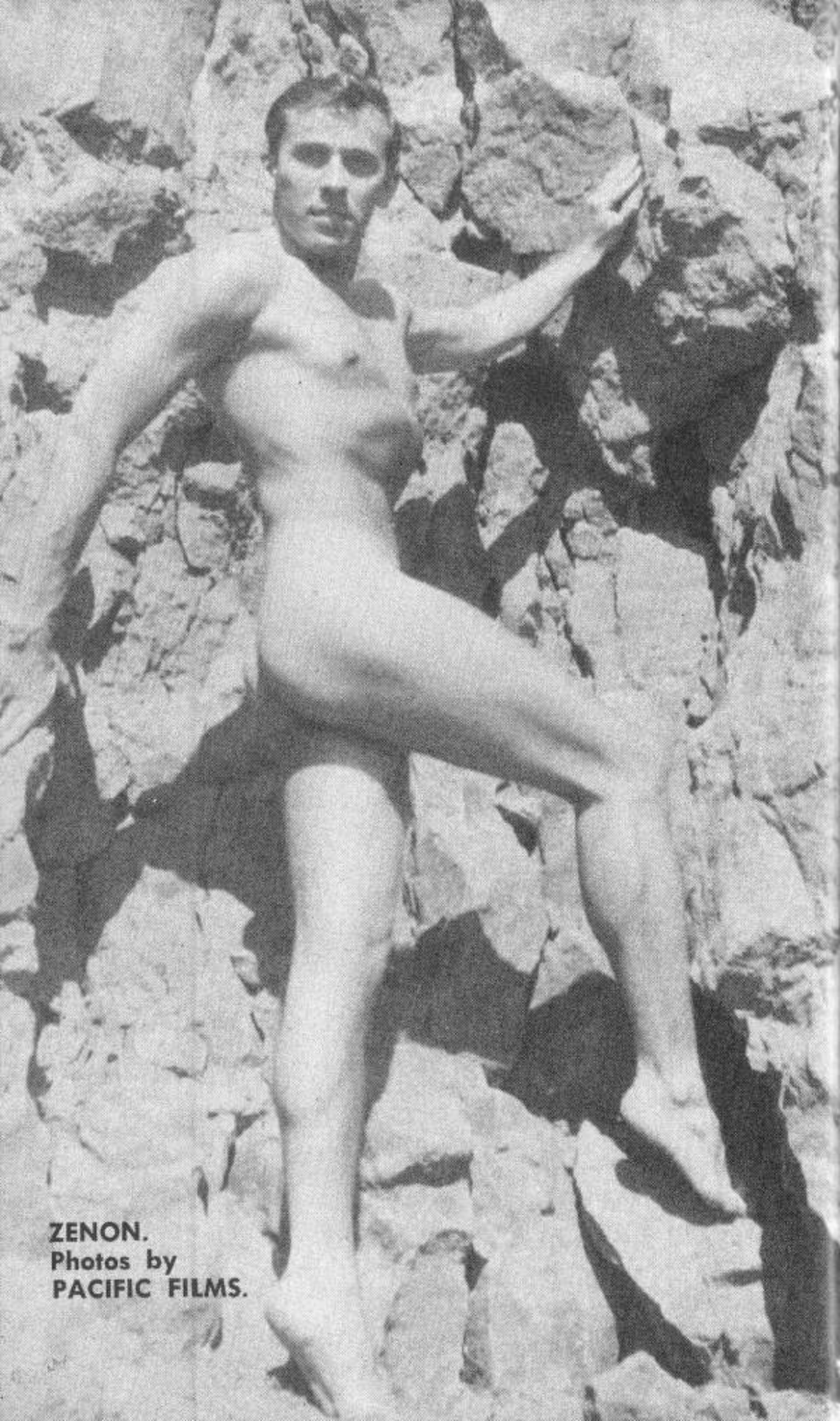




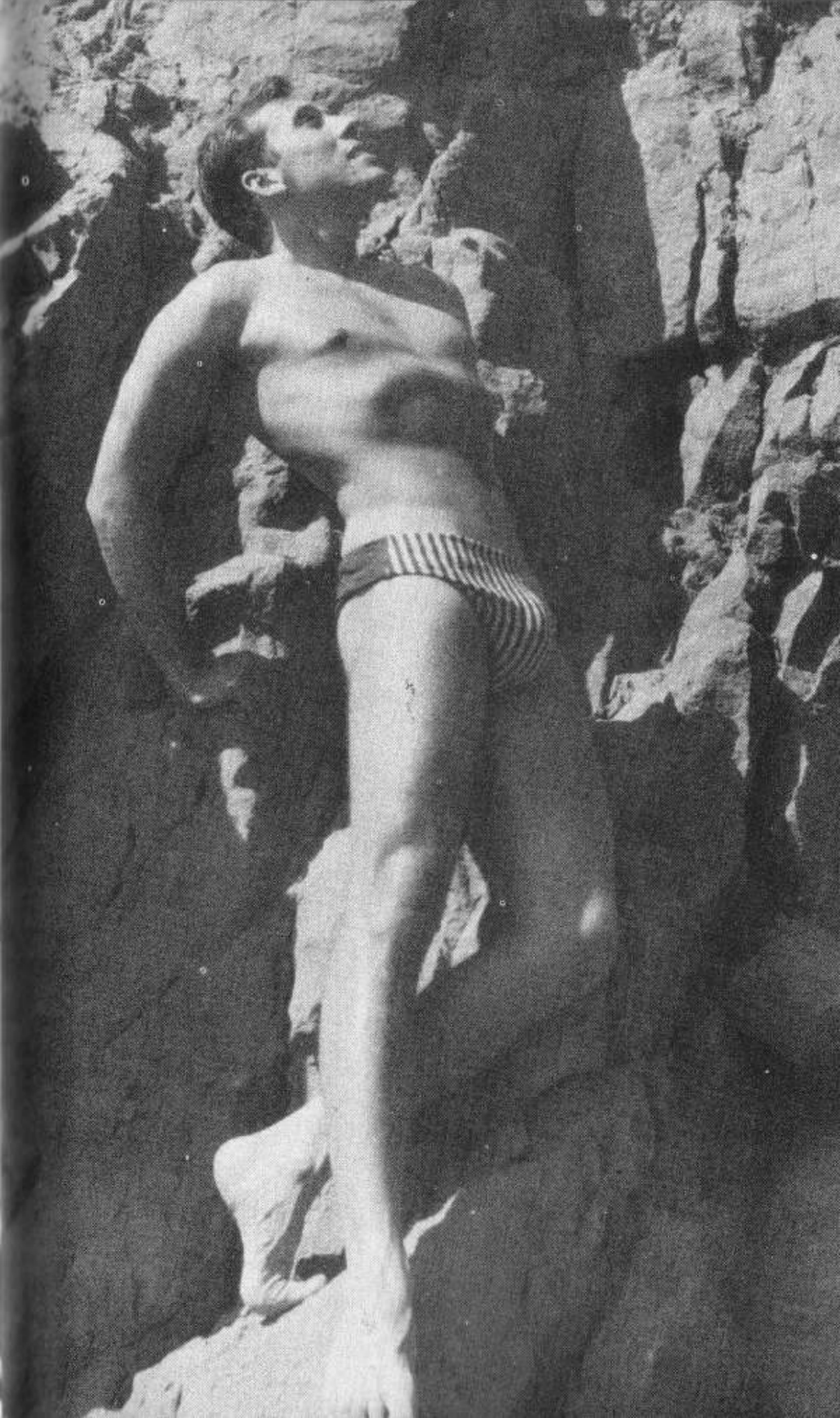
"MANU," Manuel Leonard, 23, is working this summer as a life guard at Cannes. Photos by JOHN PAIGNTON.

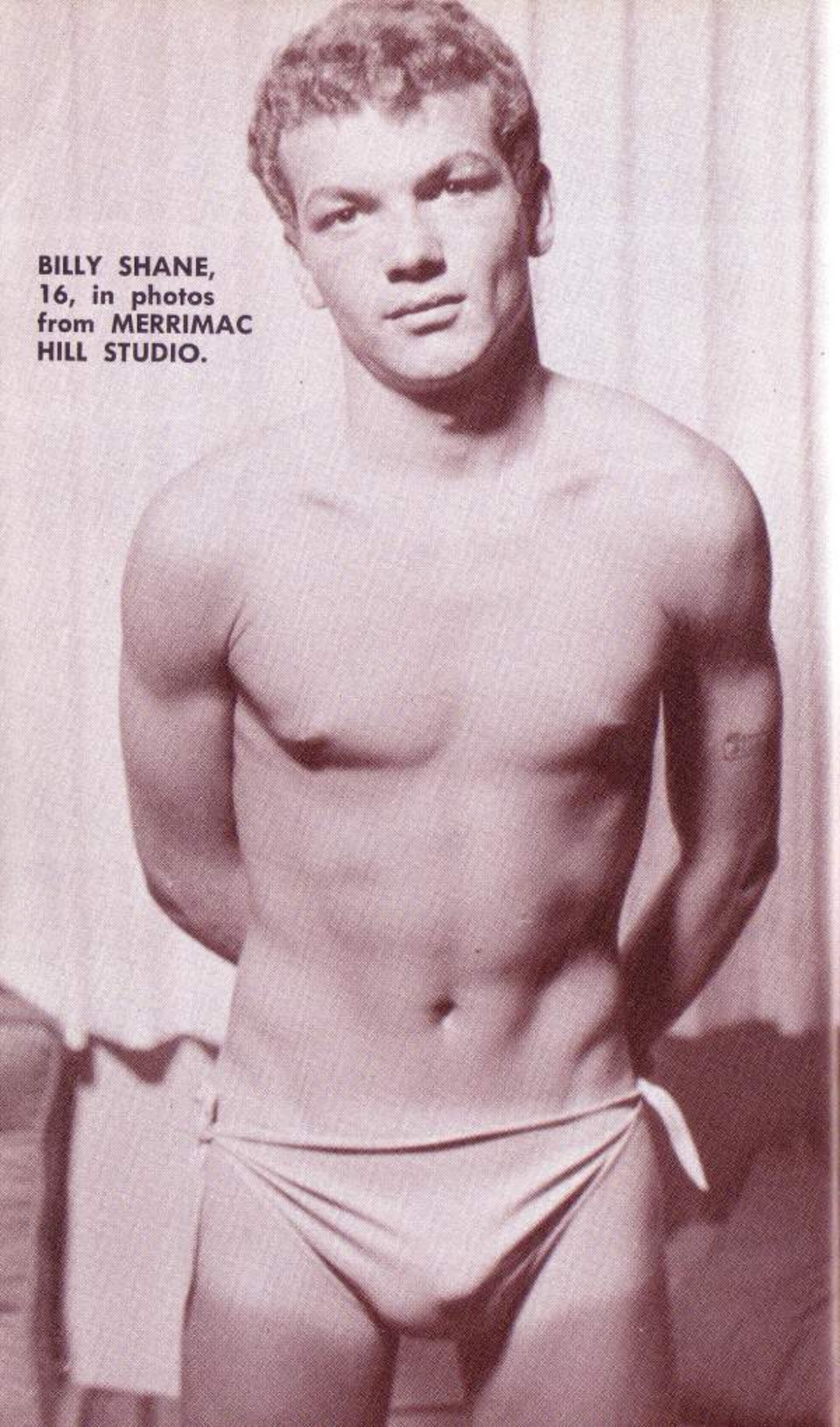


Canadian athlete and physique star GEORGE DANZIGGER, in photos from NORTH STAR.

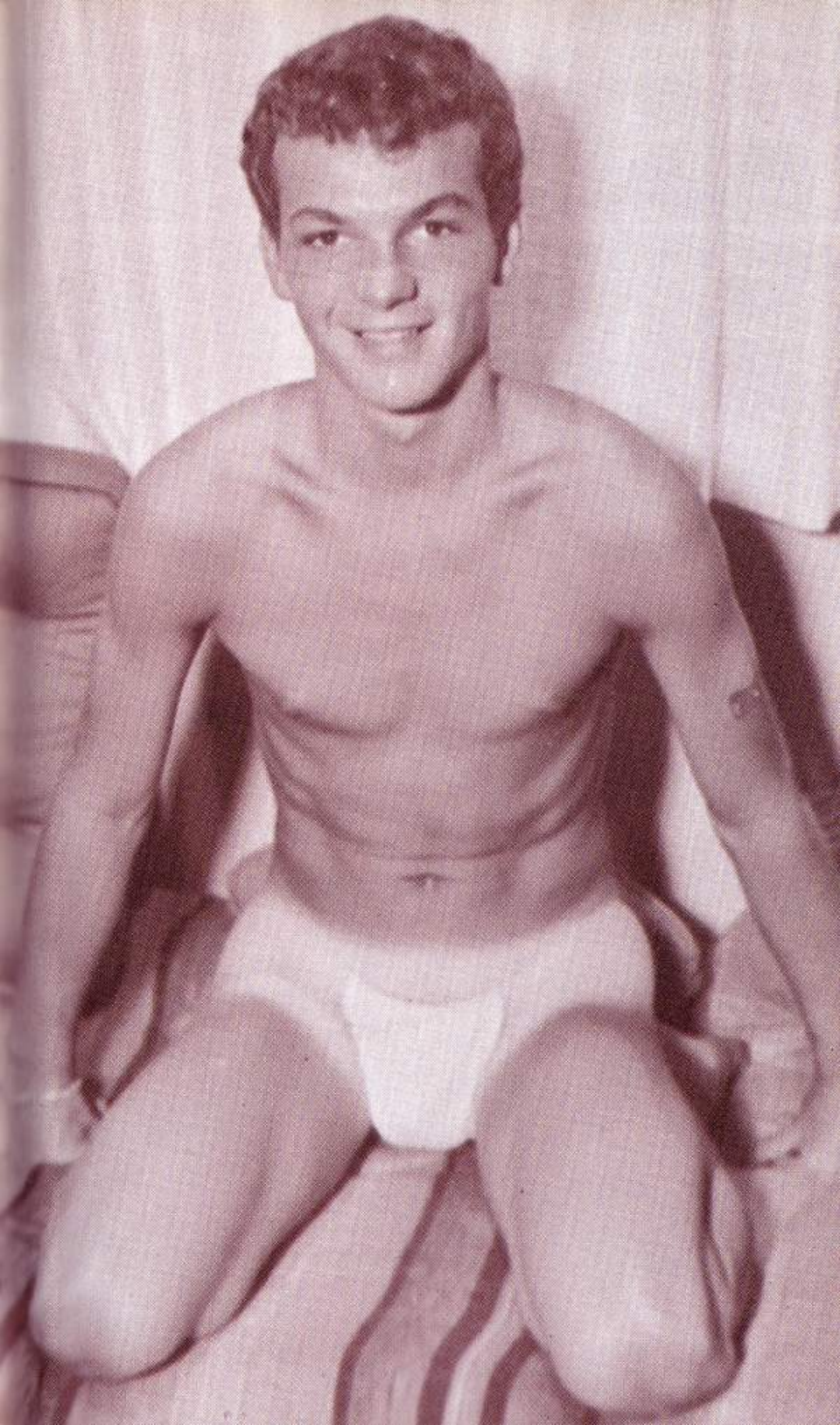


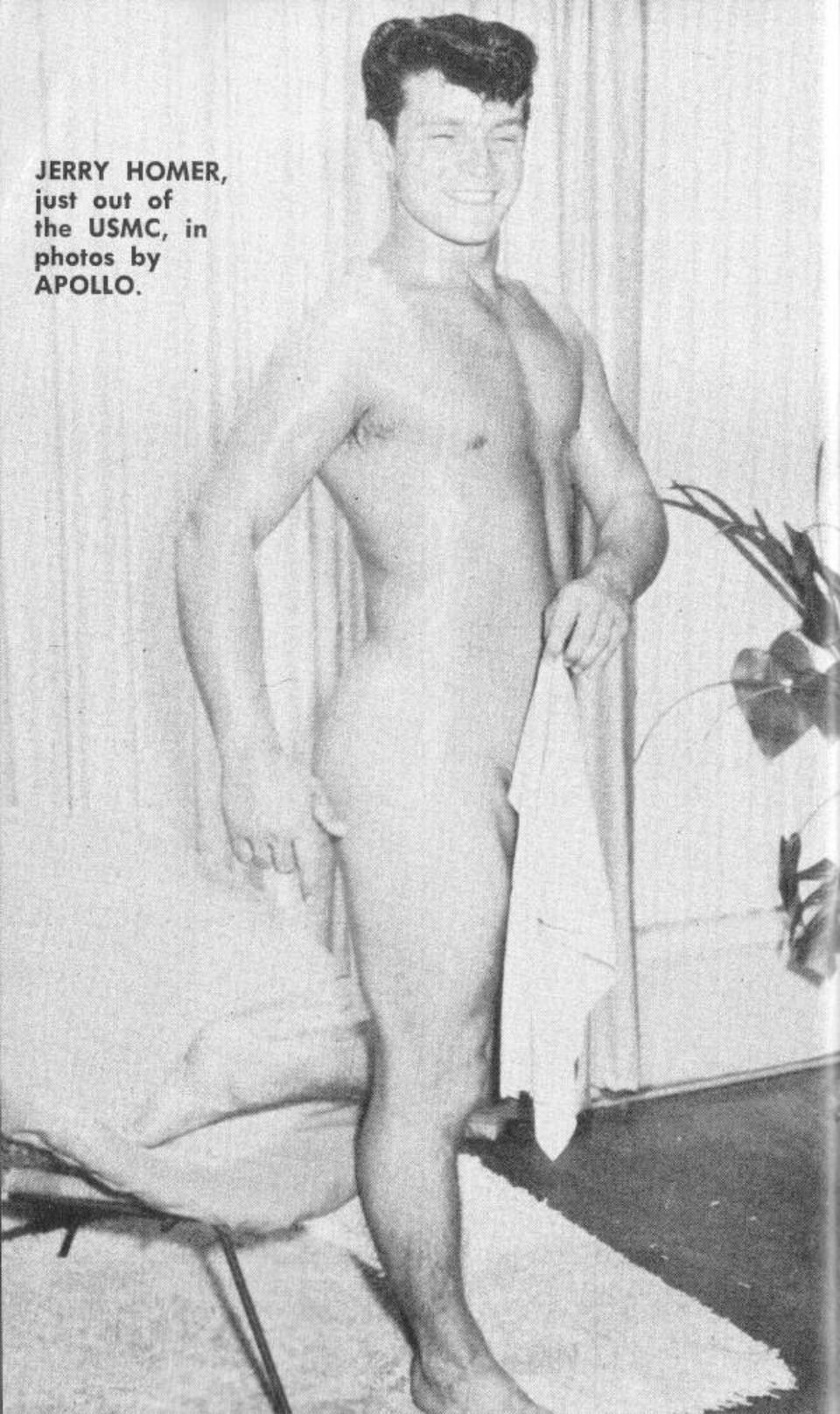
ZENON.
Photos by
PACIFIC FILMS.



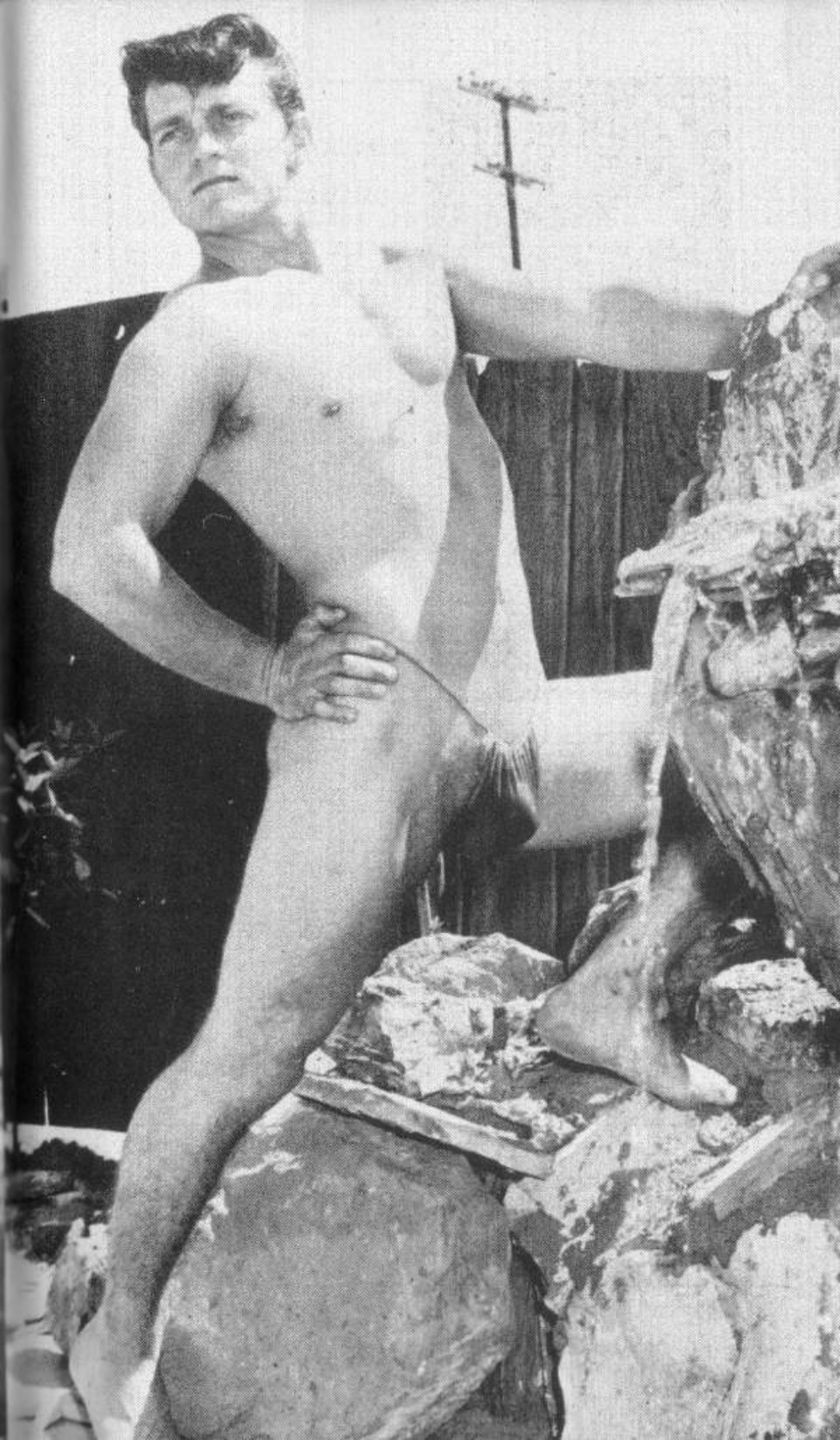


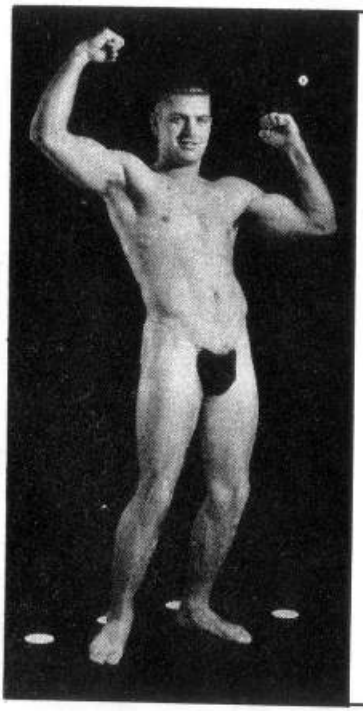
BILLY SHANE, 16, in photos from MERRIMAC HILL STUDIO.





JERRY HOMER, just out of the USMC, in photos by APOLLO.





MILO SERIES 117
DON DECKMAN

•

EIGHT BORDERLESS 4 x 5 PRINTS ON DOUBLEWEIGHT HIGH-LUSTRE PAPER FOR $3.00. AIR MAIL 25c EXTRA.

•

MILO
601 S. VERMONT AVE.
LOS ANGELES 5, CALIF.

☆

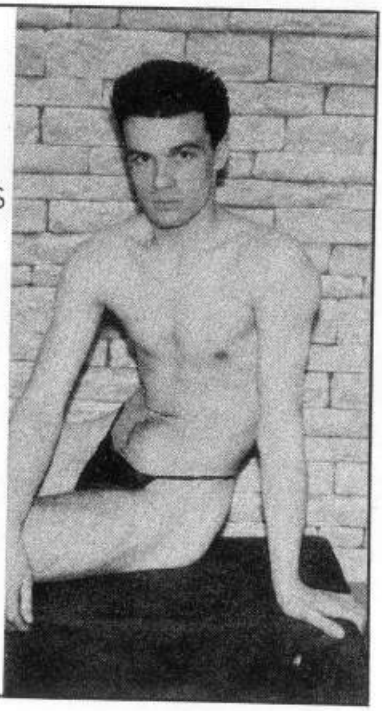
NEW STUDIO . . .
. . . NEW MODELS

☆

Send $3.00 for a Sample Set of 4" x 5" PRINTS

to

B. PAGAN
6. Nicholas Croft
Manchester 4
England



BACK ISSUES OF *Fizeek*

At the present time all back issues of **FIZEEK** are available although many of the earlier issues are becoming scarce.

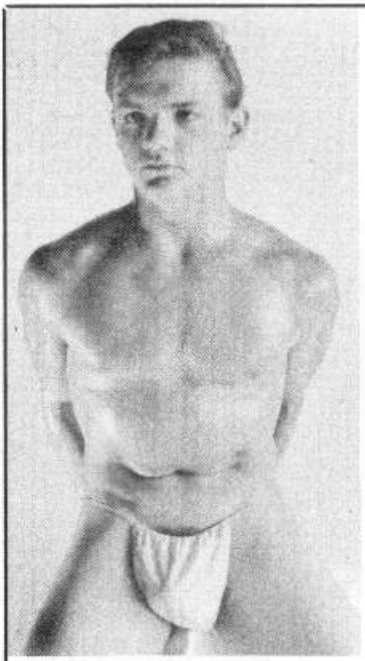
All issues are sent in plain envelope by sealed, First Class Mail, immediately upon receipt of orders.

No. 1—MAY 1959	**.75**
No. 2—JULY 1959	**.75**
No. 3—OCTOBER 1959	**.75**
No. 4—DECEMBER 1959	**.75**
No. 5—FEBRUARY 1960	**.60**
No. 6—APRIL 1960	**.60**
No. 7—JUNE 1960	**.60**
No. 8—AUGUST 1960	**.60**

Complete Your Collection TODAY!

Fizeek Enterprises, Inc.

BOX 385, FRANKLIN STATION
WASHINGTON 4, D. C.



BENN JOE

Young, New Body Builders!

Featuring the muscularity, symmetry and balance that typifies the modern day young body builders. Attached is a sample photo of one of our many young models.

Each month we will feature one of our talented young models, proving that the youth of today will be the men of tomorrow.

FOR MORE SAMPLES FROM T.Y.C. SEND $1 AND NAME AND ADDRESS TO:

T.Y.C.

P. O. BOX 365
EL CERRITO, CALIFORNIA

British body builder WALLY GRIMME, in a photo by SCOTT.

Fizeek

DIRECTORY

Listed below are the artists and photographers with whose work FIZEEK is familiar and urges its readers to support. Send $1.00 for catalogs.

Photographers whose names appear under photo credits but who are not listed in the Directory do not have any photographs for sale.

Adam, P.O. Box 889, Grand Central Station, N.Y. 17, N. Y.
Bob Anthony, 910 West End Avenue, N. Y., N. Y.
Apollo Productions, 5880 Hollywood Blvd., Hollywood, Calif.
Studio Arax, 31 Blvd., Raspail, Paris VIIe, France (Note no catalogs available, Prints $1 Each with a minimum order of six)
Jon Arnt, 111 Eastlake, Seattle, Wash.
Art Bob, 1611 North Ave. 56, Los Angeles 42, Calif.
Atelier, Alpha, Box 6239, Johannesburg, South Africa.
Athletic Model Guild, 1834 W. 11th St., L. A. 6, Calif.
Atlas-Trade, P.O. Box 521, Aarau, Switzerland
B & B Studios, P.O. Box 65983, Gassel Sta., Los Angeles 65, Calif.
BM/VADC, London W.C. 1, England
Glenn Bishop Studio, P.O. Box 461, Grand Haven, Mich.
Bruce, 11762 Kensington Road, Los Alamitos, Calif.
Cal-Model, Box 285, San Francisco, Calif.
Photo by D. P. O., Box 183, Old Chelsea Station, N. Y., N. Y.
Domenique of London, Suite 35a, 119 Oxford St., London
Emerald Pictures, P.O. Box 352, Bellmore, N. Y.
Etienne, P.O. Box 1251, Chicago 90, Ill.
Eurphoto Muscles, Rue Haute 17, Adrimont, Belgique
Florida Model Guild, Box 33-331, Coconut Grove, Florida
Forca e Saude, Rua Da Gloria 32, Apt. 702, Rio de Janeiro, Brazil
Foto Grafo, P.O. Box 326, Sundbyberg, Sweden
Fredon, Box 1407, Milwaukee, Wisc.
Free Lance Studio, 102 Amity Street, Hartford, Conn.
Anthony Guyther, 315 E. 17th St., N. Y. 3, N. Y.
Dick Harrison, P.O. Box 46723, L. A. 5, Calif.
Al Heinecke, 150 Clear Stream Road, Lakewood, N. J.
Jock Studio and Agency, P.O. Box 404, Johannesburg, Transvaal, South Africa
J-Rome, Box 2303, Hollywood 28, Calif.
Kris Studio, Box 1251, Chicago 90, Ill.
Mark-One, Box 32, Lachine, Que., Canada.
William MacLane Studios, P.O. Box 9012, Queen Ann St., Seattle 9, Wash.
Milo, 601 S. Vermont Avenue T., Los Angeles 5, Calif.
North Star, 21 Wascana, Toronto, Ont., Canada.
Pacific Films, 716 Key Route Blvd., Albany, Calif.
Pagan, Wellington, Chambers, Nicholas Croft, Manchester 4, England
Paignton, 86, Castelnau, Barnes, London, S.W. 13, England
Grover Reagan, 17 Degraw Ave., Teaneck, N. J.
Rockstedt, Ludwig Landmannstrasse 25, Frankfurt a/Main, Germany
Royale, 110 Denbig St., London S.W. 1, England
John Ryan, 803 Mt. Royal, East, Montreal, Que., Canada
Scott, Number One, Orme Court, London W. 2, England
The Sophisticate, 6 Normal Blvd., Glassboro, N. J.
Spartan, Box 46905 West Branch, L. A. 46, Calif.
Spectrum, P.O. Box 35, Sta. E., Cincinnati 19, Ohio
Sven Swede, Fack 53, Stockholm 20, Sweden.
TYC, Box 365, El Cerrito, Calif.
Titan, P.O. Box 1313, San Francisco, Calif.
Al Urban, 406 E. 73rd St., N. Y. 21, N. Y.
Ken Wallace, P.O. Box 38471, Vine Sta., L. A. 38, Calif.
Western Photography Guild, Box 2801, Denver 1, Colo.
Don Wight, 67 Bedford St., New York 41, N. Y.
Willard, P. O. Box 352, Grand Cent. Sta., N. Y. 17, N. Y.
J. Zenith, Box 775, 5889 Hollywood Blvd., Hollywood, Calif.

Teenager
DENNIS & DOUG
Pose in single and dual portraits.

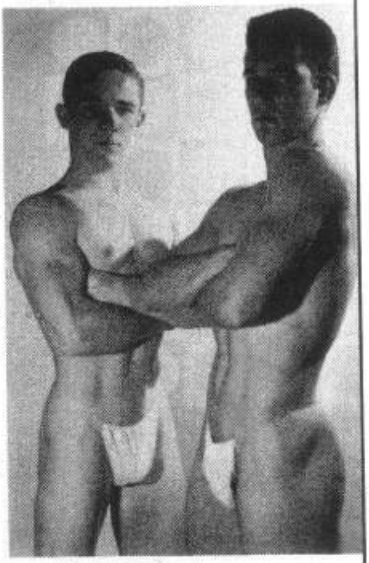
☆

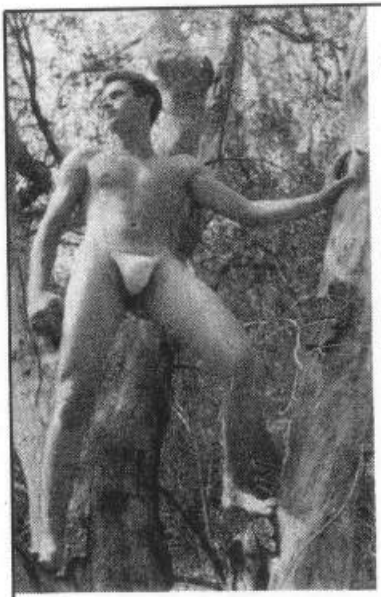
Send $1 for Catalog 1

☆

ANTHONY GUYTHER
315 EAST 17 STREET
NEW YORK 3, N. Y.

Suitable Models Call
GR 3-3639





SCOTT presents . . .
RICK COREY

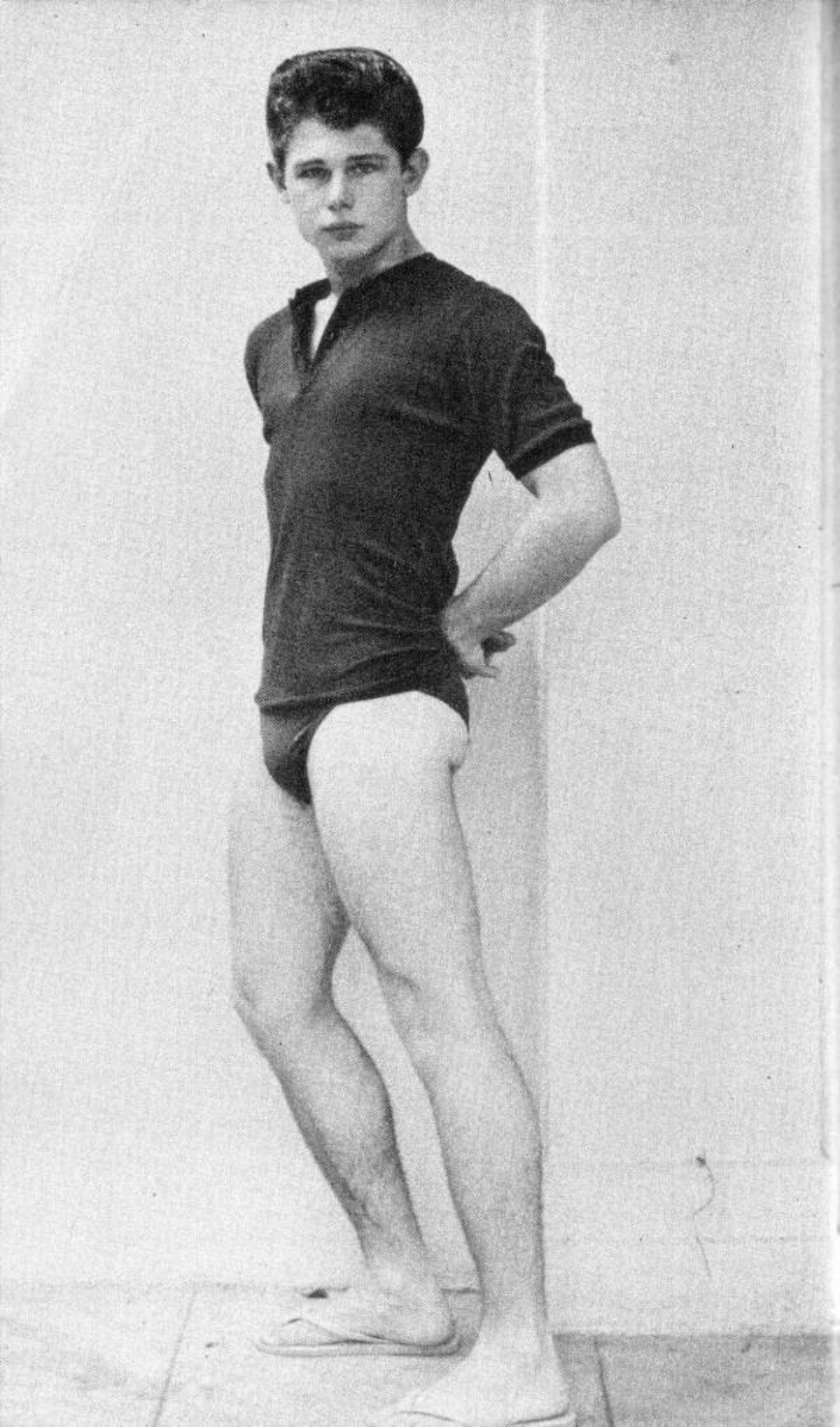
★

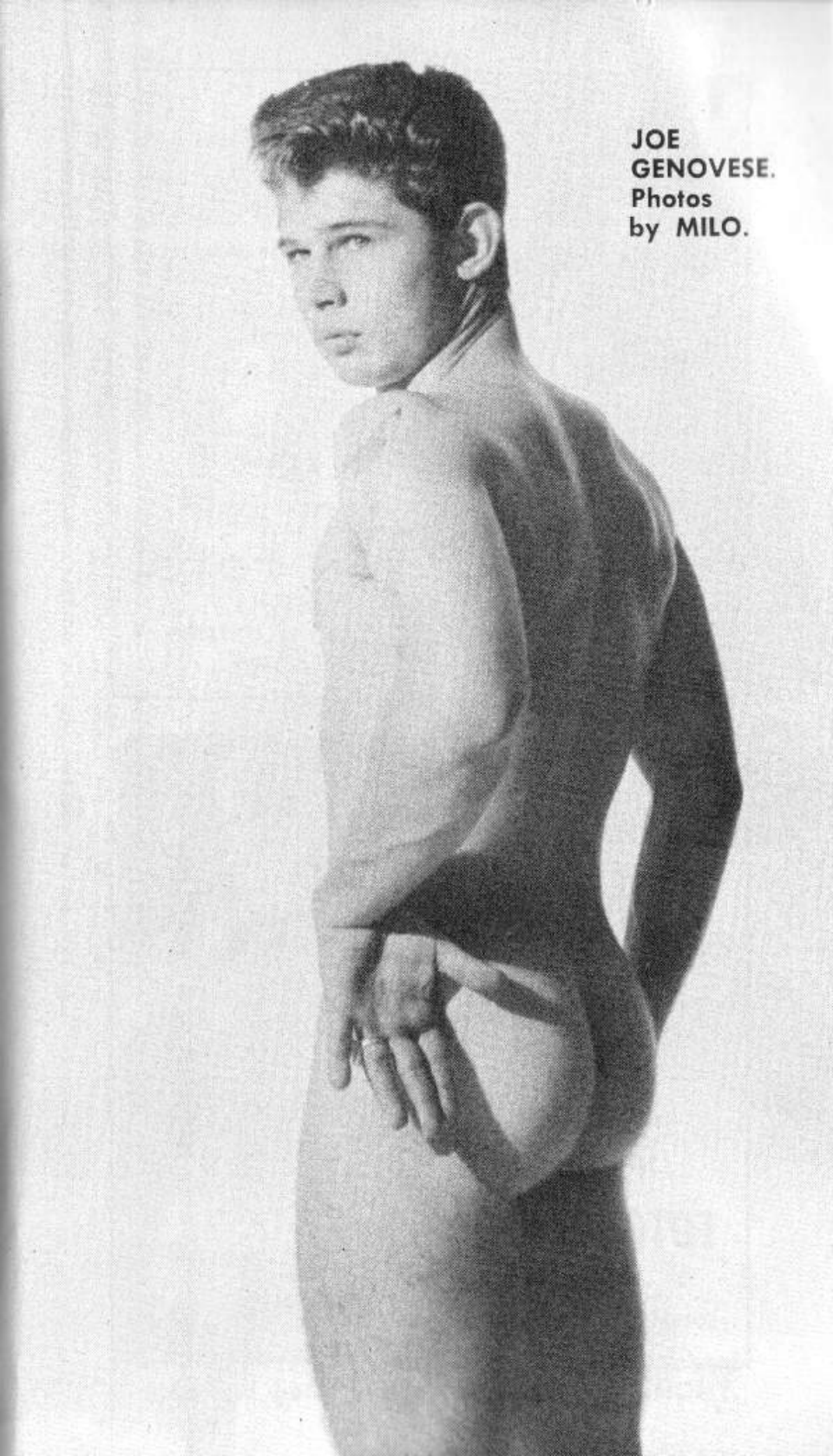
SEND ONE DOLLAR for each catalog containing ten small photos from which enlargements can be ordered.
There is at least one catalog for each of the models featured in this magazine.

★

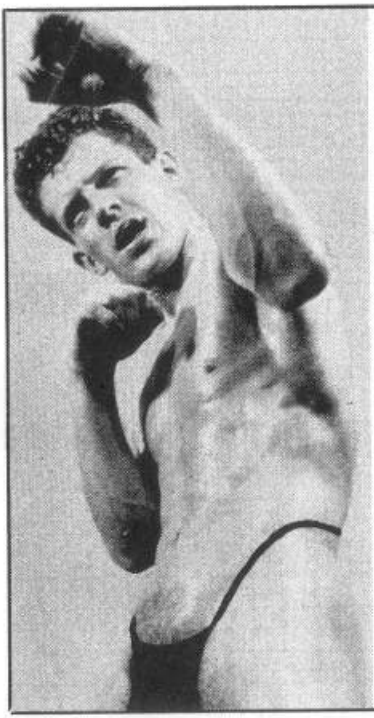
We will send the catalog PLUS FULLY ILLUSTRATED BOOKLETS showing all our models—with many NEW releases—for only TWO DOLLARS—sent AIRMAIL.

SCOTT photography 1, Orme Court, London, W.2.





JOE
GENOVESE.
Photos
by MILO.



JON FOTO

PRESENTS

JON

in Set 4, which consists of 12 3½ x 7 glossy prints, carefully processed, for only **$3.00**

☆ ☆

No personal checks accepted.

☆ ☆

JON FOTO

BOX 112

SCARBORO, ONTARIO

CANADA

FOTO GRAFO

PRESENTS

TOM SVEN

18 Year Old Swedish

Body Builder

•

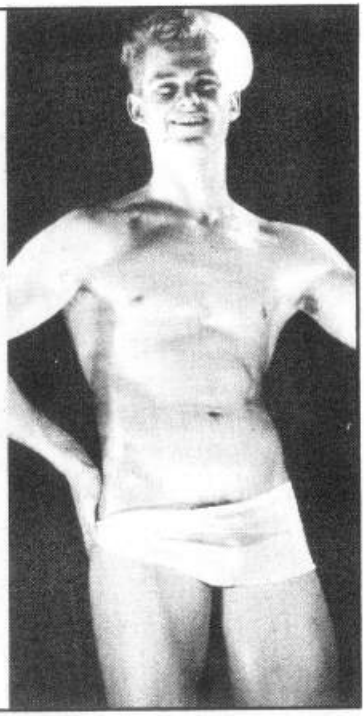
Send $1.00 for

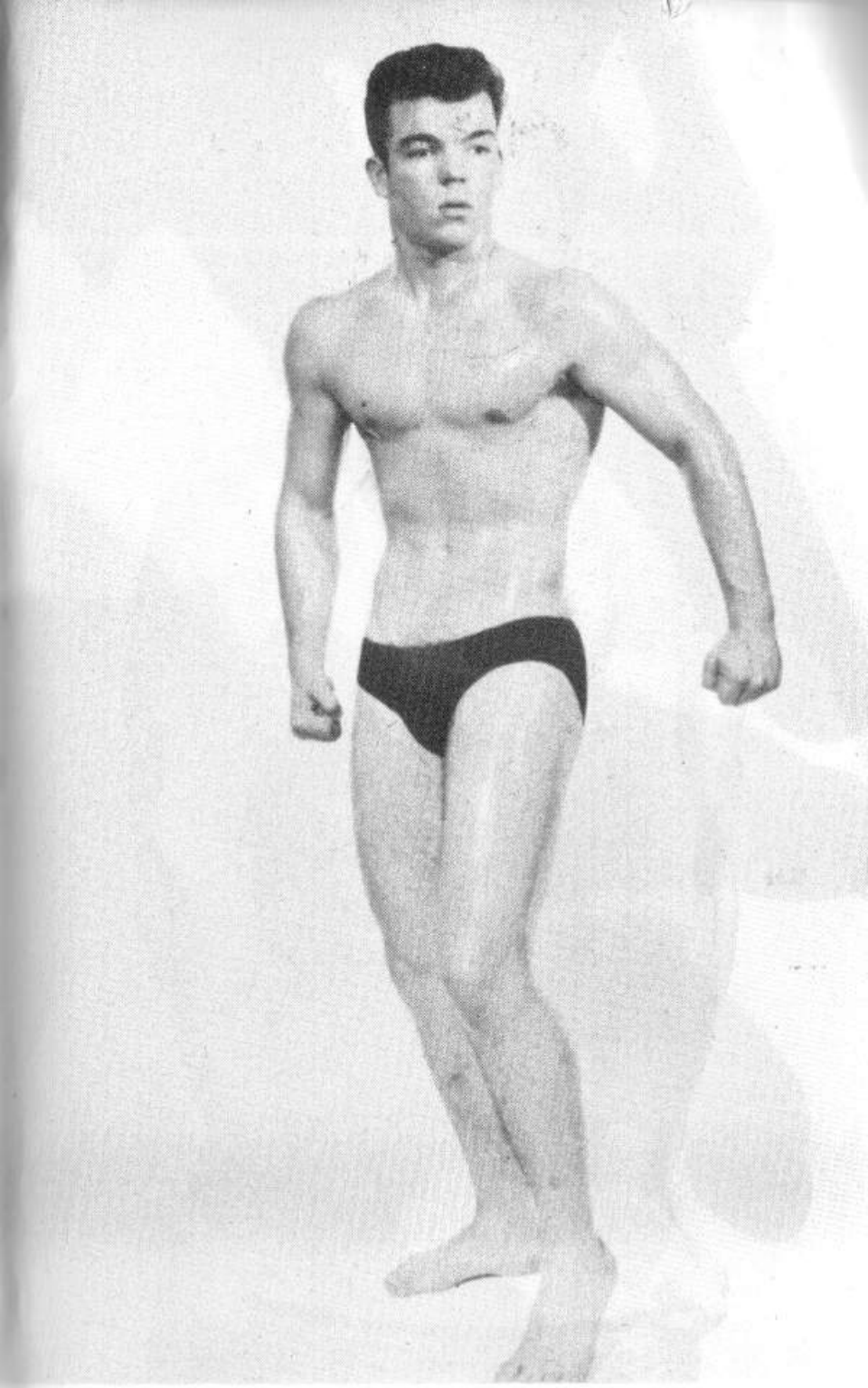
Catalogues

FOTO GRAFO

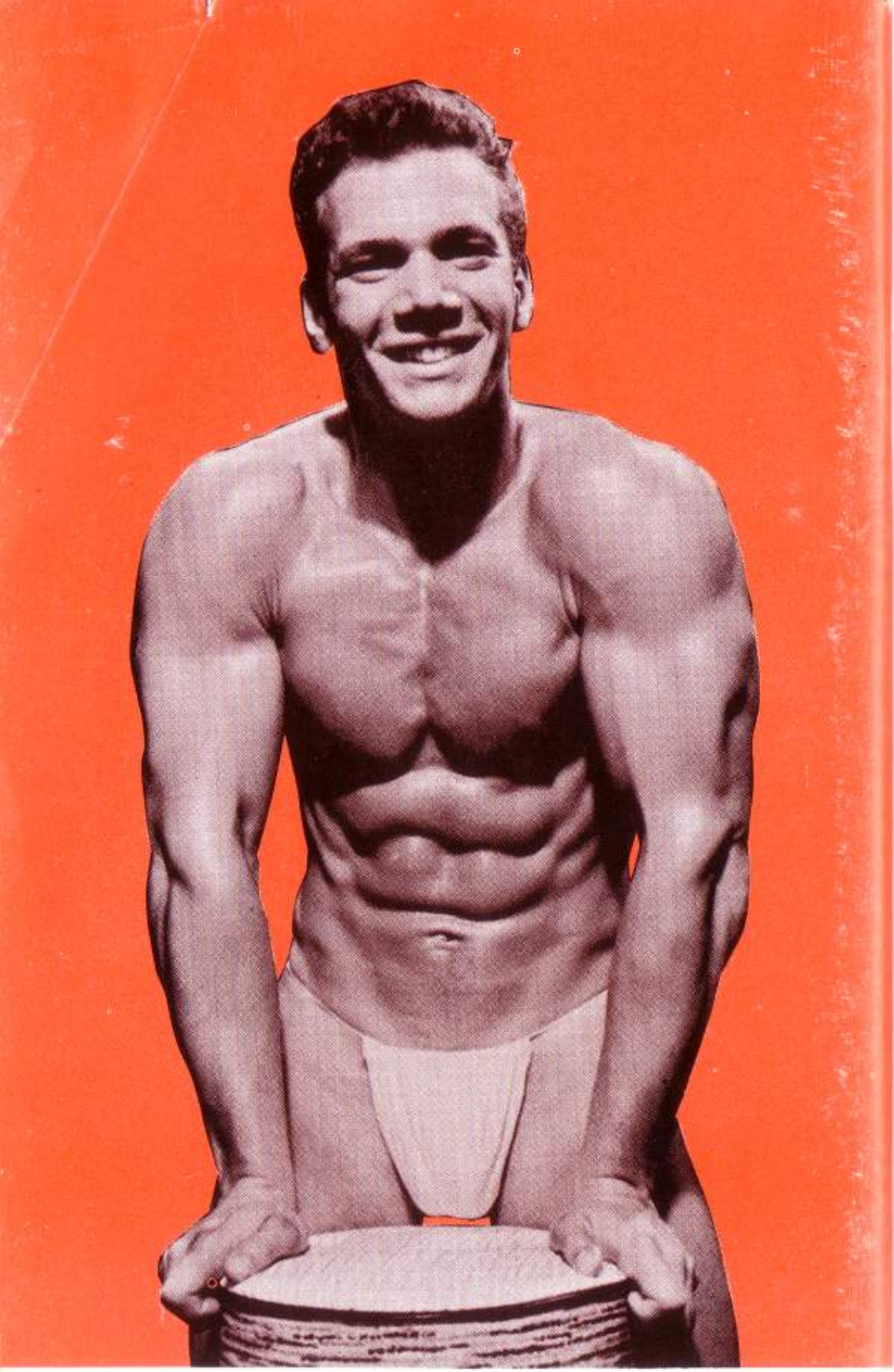
BOX 326

SUNDBYBERG 3, SWEDEN





DAVE GRIFFITH, 15 year old NYC high school athlete and body builder. Photo by ANTHONY.



NEIL EVANS, well known Brooklyn body builder, at 17 years of age. Photo by JACK SIDNEY.